



GREEN SOUP

Makes 6 servings.

Full of vitamins, minerals and proteins, this soup freezes well and is delicious hot, cold or at room temperature.

INGREDIENTS

- 1 medium broccoli, about 1 pound
- 3½ to 4 cups vegetable broth
- 2 tablespoons extra virgin olive oil
- ½ pound baby spinach
- One 13 ounce package frozen sweet peas, thawed
- ½ cup loosely packed mint
- 3–4 tablespoons lemon juice
- Kosher salt
- Freshly ground black pepper

PREPARATION

1. Cut the broccoli into small pieces, peel the stem and cut the stem as well.
2. In a large saucepan, bring 3½ cups of broth to a boil, add the oil, the broccoli, spinach, peas, and mint. Bring to a boil over high heat. Lower the heat and cook, covered, until the broccoli is soft, about 20 minutes.
3. Puree in a Vitamix until smooth. Adjust the consistency with the extra broth.
4. Season to taste with lemon juice, salt and pepper.