
Eat-Your-Greens Soup

Her own concoction.

From my friend, Darci G



Servings: 8

1. Saute the onion in EVOO, and when it's softened, add the garlic to cook gently for just a minute or less.
2. Add the curry powder and green curry paste, stir in well, then add the spinach. Saute gently for a few minutes, then add all the bone broth and coconut milk. Bring to a simmer, then add in the broccoli. Simmer the soup for about 20 minutes, then set aside to cool slightly.
3. In batches, puree the soup in a blender, adding in a large handful of cilantro and the stems and blend until the soup is silky smooth. Repeat with remaining soup. Return to heat and cook gently for about 45 minutes, until the mixture has thickened some.
4. To serve: pour hot soup into a serving bowl and drizzle with EVOO, lemon juice, then sprinkle shredded Parm on top.

2 tablespoons EVOO

1 whole yellow onion, chopped

2 whole garlic cloves, diced

1 tablespoon curry powder

1 tablespoon Thai green curry paste

4 cups fresh spinach

2 quarts beef bone broth

14 ounces coconut milk (full fat)

3 cups broccoli florets, stems are fine too

3 cups cilantro, including stems

Salt and pepper to taste

GARNISH:

A drizzle of EVOO in each bowl

A drizzle of fresh lemon juice in each bowl

8 tablespoons shredded Parmesan cheese, sprinkled on each bowl

Per Serving (excluding unknown items): 215 Calories; 17g

Fat (66.9% calories from fat); 7g Protein; 12g

Carbohydrate; 4g Dietary Fiber; 4mg Cholesterol; 135mg

Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean

Meat; 1/2 Vegetable; 0 Fruit; 3 Fat.

Carolyn T's Blog: tastingspoons.com