

Creamy Dreamy Watercress Soup

Source: Radical Metabolism by Ann Louise Gittleman

Prep	Cook	Total
10 min	35 hr	35 hr 10 min

Yield: 6 cups

Serving: 3

Rumor has it that Hippocrates used watercress as part of his healing regimen. While unable to fact-check, it would not be a surprise as it is loaded with chlorophyll, vitamins and minerals (including lutein, zeaxanthin and manganese). Watercress is similar to arugula in its peppery-flavor and a member of the cabbage family which is known for their anti-cancer compounds.

Miso can be added at the very end for flavor and its probiotic qualities.

Ingredients

4 cups **bone broth** (or vegetable stock)

$\frac{1}{2}$ head **cauliflower** (or celeriac)

2 inch piece **fresh ginger** peeled and chopped

3 **leeks** cleaned and sliced

1 **daikon radish** roughly chopped

$\frac{1}{2}$ teaspoon **sea salt**

1 **Radical lemon cube** (see recipe)

1 bunch **watercress** roughly chopped

$\frac{1}{2}$ tsp **miso** (optional)

water as needed

Directions

Bring broth to a simmer in a large pot. Add cauliflower, ginger, leeks, and daikon radish. If needed, add enough water to just submerge the vegetables. Simmer for 20 minutes or until vegetables are very tender.

Use an immersion blender (or regular blender in batches) to blend until smooth and creamy. If too thick, add a little water. Stir in salt, lemon cube, and watercress. Lightly simmer (do not boil) until warmed through and then blend again.

Serve in a warm mug and stir in miso (if using).

Soup freezes well.

Prep Notes

1 day before: Make lemon cubes

Nutritional Information

Amount Per Serving (3 Servings)

Calories: 119 **Protein:** 5 g **Sugar:** 9 g **Carbohydrate:** 27 g **Fat:** 1 g **Cholesterol:** 0 **Sodium:** 446 mg **Fiber:** 6 g

