

Many Greens Soup

Makes 6 cups

Ingredients

4 cup miso broth (see below)	1 cup fresh or frozen peas
1/2 cup raw cashews	6 oz mixed dark baby greens such as spinach, kale & arugula (about 6 cups, packed)
1 tablespoon olive oil	1/2 cup (packed) chopped parsley
3 cloves garlic, minced	2 tablespoon fresh lemon juice
1 tablespoon fresh thyme, minced	1/4 tsp sea salt & 1/2 tsp ground black pepper
2 medium leeks, white & light green parts only, thinly sliced	Fresh chives for serving (optional)
1/2 # broccoli, stem peeled & finely chopped, florets chopped small (about 4 cups)	Radishes, thinly sliced for serving (optional)

Procedure

1. In a blender, combine the broth and cashews and process until smooth. Set aside.
2. Warm the oil in a large heavy-bottomed pot over medium heat. Once hot, add the leeks and sauté for 3-4 minutes, stirring occasionally to soften. Mix in the garlic and cook 1 minute longer. Add the blended cashew-miso broth, thyme, broccoli, and peas and bring to a simmer over medium-high heat.
3. Partially cover (leaving the lid slightly ajar), and reduce heat to medium-low. Simmer the mixture for 5 minutes or until the broccoli is bright green and tender. Uncover and add the baby greens and parsley. Stirring constantly, cook for no more than 1 minute, just long enough to wilt the greens.
4. Remove the pot from the heat and transfer the mixture to a blender, in batches if needed. Blend until very smooth. Add the lemon juice, salt and pepper and stir to blend. Taste and adjust seasoning if needed.
5. Ladle into soup bowls and garnish with chives and radishes, if desired.

Miso Broth

Combine 4 tablespoons yellow miso paste, 1 teaspoon kelp granules and 8 cups of water until miso is dissolved. Use immediately or store in frig for up to 1 week.

Nutrition based on 2-cup serving (including chives and radishes)

394 calories; 22 g fat; 4 g sat fat; 0 mg cholesterol; 41 g carbs; 11 g sugar; 254 mg sodium; 16 g protein; 10 g fiber + 210 mg Calcium, 49% of the RDA of Magnesium, 32% Potassium and loads of Vitamins of K and C...cheers to you!