

Blended Veggie Soup

Makes 4-6 servings

This is a simple soup but it's a good way to get a variety of vegetables into your diet.

Recipe Ingredients

- 2 Tbsp butter or oil
- 1 onion, chopped
- ½ head of cauliflower
- 4 med/large carrots
- ½ lb fresh greens (spinach, kale, collard greens, and/or chard)
- 2 cups of chicken stock/broth
- Other veggies you may want to add a little of: celery, celery root, zucchini.
- Salt and pepper to taste
- Optional: plain yogurt or olive oil added to the top for taste

1. Roughly chop the onion. Saute in a med or large pot with the butter or oil over medium heat.
2. Meanwhile, roughly chop the carrots and cauliflower, then add to the pot. Increase heat to medium/high and stir frequently until some sides have started to turn slightly golden (about 10 minutes).
3. Quickly stir in fresh greens and then add the chicken stock.
4. Bring the soup up to a simmer or light boil and reduce heat to lowest setting.
5. Cover and let simmer for 15 minutes, then turn off the heat and uncover. Let it cool for about 30 minutes.
6. Once the soup cooled down a bit, put it in the blender and blend to your favorite consistency. Some like to pulse it and leave it slightly formed; others like to blend it until totally smooth.
7. Serve! You can add a dollop of plain yogurt or pour some olive oil over the top for taste or to add a little more protein or fat to it.