

Riverview Wellness Center

RECIPES

Recipe for: *Virtuous Vegetable Soup*

Ingredients:

2 T. olive oil
¼ cup thinly sliced onion (1/2 small)
½ cup thinly sliced celery (1 rib)
½ cup thinly sliced carrot (1 large)
½ cup thinly sliced parsnip (1 medium)
2 garlic cloves, diced (or ½ tsp. minced garlic)
1 leek, washed well and thinly sliced
¼ - ½ teaspoon salt, to taste
1 cup kale, washed well and chopped
1 cup collard greens, washed well and chopped
1 cup shredded cabbage*
1 15 oz. can diced tomatoes with juice
1 15 oz. can great northern beans
1 quart vegetable broth
1 teaspoon thyme
¼-1 teaspoon coarse black pepper
1 whole bay leaf
¼ - ½ cup parmesan cheese, optional

Preparation:

- Heat the olive oil over medium-high heat in a large Dutch oven or stock pot.
- Add the onion, celery, carrots, parsnips, garlic and leek. Sprinkle with a little salt, and sauté until soft.
- Add the chopped greens and stir to coat.
- Reduce the heat to low, cover and cook until the greens are wilted and soft.
- Add the tomatoes and beans. Increase the heat and bring up to a simmer
- Add the broth and simmer again.
- Add the thyme and pepper and stir. Add the bay leaf.
- Cover, reduce heat, and simmer for at least 30 minutes.
- Let sit for 1 hour, covered, before serving.

* Beans and greens can be changed to suit personal taste. Spinach, turnip greens, garbanzo beans, kidney beans, or cannelloni beans would work also.