

Green Garden Soup



Prep:

15 minutes

Total:

30 minutes

Makes:

10 full servings

Utensil:

Blender

4 Qt./3.8 L Roaster with Cover

7" Santoku Knife

Rate ★★☆☆☆

Recipe:

Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

[Write a Review](#)

Recipe Description:

Having a bowl of soup is a great way to get in your daily dose of veggies – especially the green ones! It is full of nutrients and low in calories!

1 onion, chopped
1 celery stalk, chopped
2 cups
green beans, chopped
(220
g)
4 cups
filtered water
(950
mL)
1 small bunch of kale, chopped
½ head green cabbage, chopped
½ bunch broccoli, cut into small florets
½ bunch cauliflower, cut into small florets
1 teaspoon each
fresh thyme and basil (chopped) or herb d'provence
freshly squeezed lemon juice (optional)
sea salt and pepper to taste

Directions:

1. Preheat roaster over medium heat. When several drops of water sprinkled on pan skitter and dissipate, add onions and sauté until transparent.
2. Add celery and green beans and continue to cook until softened. Pour in water.
3. When Vapo-Valve™ clicks, add in kale, cabbage, broccoli and cauliflower. Reduce heat to low and allow to simmer 15 - 20 minutes.
4. Stir in fresh herbs and add lemon juice to taste, if desired.
5. Add mixture to a glass blender and puree until a smooth and creamy consistency.
6. Season with salt and pepper to taste.

Nutritional Information per

▼ Serving

Calories: 33
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 260mg
Total 7g
Carbs:
Dietary Fiber: 2g
Sugar: 2g
Protein: 2g