

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

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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.

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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
 1/2
 head green cabbage, chopped
 1/2
 bunch broccoli, cut into small florets
 1/2
 bunch cauliflower, cut into small florets
 1
 teaspoon each
 fresh thyme and basil (chopped) or herb de 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. 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 Carbs:

7g

Dietary Fiber:

2g

Sugar:

2g

Protein:

2g