

SPRING IN A BOWL SOUP



Ingredients for Broth:

- 2 medium onions, peeled and chopped
- 1 large carrot, peeled and chopped
- 2 celery stalks, trimmed and chopped
- 1 leek, well washed and trimmed, white parts only, chopped
- 1 bulb fennel, trimmed and chopped
- 2 parsnips, peeled and chopped
- 4 cloves garlic, flattened with a knife but not chopped
- 2 tbsp. / 30 ml extra virgin olive oil
- Sea salt, to taste
- 8 cups / 1.9 L water or low-sodium vegetable broth (gluten free if necessary)

Ingredients for Soup:

- 12 small new potatoes
- 2 large leeks, whites only, well washed and chopped into rings
- 10 stalks asparagus (not too skinny), trimmed and cut into 2 cm pieces
- Handful green beans, trimmed and cut into 2cm pieces
- 2-3 cups (about 600 g) baby spinach leaves
- 2 small zucchini, cut into rounds
- Green onions, chopped for garnish
- 1 cup / 240 g fresh green peas
- Parsley and thyme, 1 tbsp. each, fresh
- Sea salt and fresh ground black pepper

Instructions for Broth:

1. Place all the ingredients except the liquid in a large stock pot.
2. Cover and cook over a low heat for 10 minutes. Let the vegetables become soft.
3. Add 8 cups / 1.9 L liquid.
4. Bring mixture to a boil and reduce to low again.
5. Simmer for 20 minutes.
6. Remove from heat and strain broth through a fine-mesh sieve into a large container.
7. Discard vegetables.

Instructions for Soup:

1. Bring the prepared broth to a simmer in a large stock pot.
2. Add the potatoes and leeks and simmer for a few minutes.
3. Add all other vegetables and let simmer for 10 minutes more. Or until the potatoes are cooked through
4. Add sea salt, black pepper, and herbs.
5. Ladle into soup bowls and garnish with chopped green onion.

Tip:

Many spring vegetables require very little cooking time. Don't allow them to overcook in the soup.

