

Green is Good Soup

Ingredients to serve 6-8

- ⇒ 2½ pounds broccoli crowns
- ⇒ 1 poblano pepper, seeded, stemmed and roughly chopped
(substitute green bell pepper if you prefer no heat)
- ⇒ 1 large white onion, roughly chopped
- ⇒ 3 garlic cloves
- ⇒ 1 medium zucchini, sliced
- ⇒ 1 bunch lacinato kale, rough stems removed, torn
- ⇒ 2 medium Yukon gold potatoes, peeled and large dice
- ⇒ 5-6 cups vegetable stock/broth
- ⇒ 1 cup fresh herbs of choice, parsley, cilantro, dill, chives, basil, plus some for garnish
- ⇒ 5 tablespoons olive oil, divided
- ⇒ juice of 2 limes, plus slices for garnish
- ⇒ sliced avocado, for garnish

Directions:

Preheat oven to 375.

Break broccoli into florets and toss with salt and pepper and 3 tablespoons of olive oil. Roast in the oven for about 30 minutes until tender and bright green.

While broccoli is roasting, heat an additional 2 tablespoons of olive oil in a dutch oven or heavy bottomed pan. Sauté onion, garlic and poblano with some salt and pepper until tender and aromatic (5-7 minutes). Add zucchini and potatoes and continue to stir on low. Add broccoli when ready along with chicken broth and bring mixture to a simmer for about 20 minutes until all vegetables are tender.

Place kale in the soup for about 1 minute to soften, right before you are ready to purée soup. In a food processor or blender, puree soup in batches until smooth and creamy adding the fresh herbs to the processor (this will add to the vibrant green color).

Pour soup back into cooking pot, adjust seasonings to taste and add the fresh lime and additional broth, if necessary, to achieve desired consistency. Ladle spoonfuls of soup into bowls. Garnish with fresh sliced avocado, lime and selected herbs. Serve immediately.

