

Recipe – Green Velvet Soup with Fresh Shiitake

Ingredients:

- 1 bunch kale, coarsely chopped
- 1 bunch Swiss chard, coarsely chopped
- Good olive oil or fat of choice
- 1 onion, chopped
- about 10 fresh shiitake mushrooms, stemmed, coarsely chopped
- 1 TBS herbs de Provence or favorite herb blend
- 1 bag frozen sweet peas, or fresh in season
- 2 quarts vegetable broth
- hot sauce to taste
- salt, if desired.

Directions:

Rinse kale and chard. Pull out and discard thick stem. Coarsely chop leaves. Set aside.

Heat enough oil in a soup pot to coat the bottom. Add the onion and cook until slightly golden. Add mushrooms, and stir fry 2 or 3 minutes.

Add greens, herbs and broth. Bring to a simmer and cook 2-3 minutes stirring frequently and stop cooking before the greens lose their brilliant green color.

Turn off the heat and add the peas. Let it cool enough to blend in the food processor or vitamix. (If it's too hot, it will explode).

Return to pot to reheat and add hot sauce to taste, and salt if desired.

Serves about 10.