

Cream of Greens

Photos and Recipe by UW Farm Intern, Hsin-Yu Huang

#kale #braisingmix #onion #zucchini



Too cold for salad? Let's warm up the chilly winter day with this creamy soup packed with delicious, nutrient-rich veggies!

Ingredients:

(about 2- 3servings)

- braising mix 150g (any dark leafy greens you like: kale, collard, arugula, spinach...)
- onion 1
- zucchini 1 (or other squash)

- water 150ml
- milk/ plant milk (cold) 100-150ml
- chicken/ vegetable broth (cold) 300ml
- salt and pepper

Instructions:

1. Chop all the vegetables. (Just make them small. The shape doesn't matter.)
2. Add the chopped vegetables and the water into the pot. Simmer it with the lid on for about 20 minutes, or until everything is really soft. (Cooking time may vary depending on your choice of greens. You could add the greens later if you are using softer ones like arugula or spinach.)
3. Remove the vegetables from the heat and add the cold milk and broth.
4. Blend all the ingredients in a food processor or juicer until it's smooth and well-combined.
5. Pour the soup back into the pot and heat it up.
6. Adjust the seasoning levels and thickness, and enjoy! Bon Appetit!