



## **Marinna's Green Soup**

### **Ingredients:**

1 small onion, diced

Fresh garlic, minced (to taste)

Greens in any combination: broccoli, kale, swiss chard, collards

Fresh squeezed lemon juice (to taste)

Olive oil

Miso

Fresh ginger

Optional additions: a splash of apple cider vinegar, nutritional yeast, Braggs liquid aminos or tamari, cracked black pepper

### **Method:**

Play around with combinations and proportion – make this recipe your own! In a soup pot, sauté onions and garlic with some olive oil. Add greens. Add enough water to cover the greens. Bring to a boil then let simmer until everything is soft. Put the soup in a blender with miso (to taste), lemon juice and a chunk of fresh ginger, along with any other additions that appeal to you. Keeps well in the fridge.