

Garlicky Greens Soup

This hearty, garlic-rich soup packs a very nutritious punch. It's a convenient way to use up whatever greens are lingering in your fridge, whether it's chard, spinach, collards, mustard greens, or even brussels sprouts. This soup is nourishing, comforting, and seriously easy to make—great for a busy weeknight! Feel free to serve it as is, or puree for a silkier consistency.

Makes 6 servings

INGREDIENTS

- 3 Tbsp extra virgin olive oil
- 1 medium onion, finely diced
- 2 stalks celery, minced
- 10 cloves garlic, minced
- Zest of 1 lemon
- 1 tsp garlic powder
- 1 tsp paprika

- 1 tsp sea salt, plus more to taste
- 1 tsp black pepper
- 1/2 tsp mustard powder
- 4 cups shredded bitter greens, stems
removed and saved for another use*
- 6 cups chicken or vegetable stock
- Juice of 1 lemon
- Freshly grated Parmigiano-Reggiano cheese or
nutritional yeast for serving

*Save the stems and use for Green Veggie Hash on page 187.

INSTRUCTIONS

1. Heat the olive oil over medium heat in a large soup pot. Add the onion, celery, and garlic and sauté until onions and celery are very tender.
2. Add lemon zest, garlic powder, paprika, sea salt, pepper, and mustard powder and sauté an additional minute.
3. Add greens and cook until wilted, about 5–7 minutes.
4. Add broth and lemon juice and let simmer 15–20 minutes.
5. If you'd like a smooth soup, puree with a stick immersion blender or a high-speed blender. If you prefer chunky soups, leave it as is—it's your choice.
6. Serve garnished with grated Parmigiano-Reggiano or nutritional yeast.

Meal Prep Notes: This is a great make-and-freeze recipe. It keeps well in the fridge for 5–7 days, and freezes for up to 6 months. I suggest freezing in individual-size containers for faster thawing and convenience. Reheat in a microwave or saucepan.