



Gorgeous Garlic and Greens Soup

This soup packs a punch, starting with a whole head of garlic, making the kind of robust, assertive bowlful you want on a cold winter day. With good bread and a nice salad, it's a meal in itself.

Serves 6

INGREDIENTS

1 head garlic, separated into cloves, peeled and chopped (or pressed)
1 yellow onion, chopped
3 tablespoons water or broth for sautéing
1 bunch each kale and chard or other greens, de-stemmed and chopped into bite-size pieces
3-4 yellow, such as Yukon Gold, potatoes, diced (no need to peel)
8 cups vegetable broth (or water)
1-2 tablespoons seasoned rice vinegar (optional)
½ teaspoon crushed red pepper flakes (optional)
Salt and pepper to taste

DIRECTIONS

1. In a large soup pot, sauté the garlic and onion in the water/broth until the onions turn translucent.
2. Add the diced potatoes, greens, salt, pepper, rice vinegar, red pepper flakes (if adding), and vegetable broth to the soup pot and bring to a boil. Simmer everything together for about 30 minutes, until the potatoes can be pieced with a fork, then taste and correct the seasonings if needed.

Serving suggestions and variations

***Use vegetable bouillon cubes** for your broth. They're economical, are available in low-sodium, and many are organic. They're so easy to use and great to have on hand. For this recipe, you would just add 8 cups of water and a couple of bouillon cubes. (Because there's so much flavor in this soup from the garlic, it would be overkill to add the number of cubes to equal 8 cups. I usually put in 2 bouillon cubes, which is essentially the equivalent of 4 cups of broth.)

***Add cooked barley** to the soup about 5 minutes before it's done cooking.

***Add 1 can cooked chick peas or kidney beans** about 5 minutes before it's done cooking.

***Add 1 pound diced extra-firm tofu** about 10 minutes before it's done cooking

***Add chopped broccoli** about 15 minutes before it's done.

***Serve as a main course** with fresh bread (using roasted garlic as a spread).

***For best results, use two or three kinds of greens**, mixing stronger flavors with milder ones. Try a combination of chard, kale, and bok choy.

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