



Glorious Green Goop

This recipe taught me the healing power of food. I was in need of some big time nutritional healing and gave myself a serious dose of green veggie soup! The new comfort food -- Great for fasting, feeling under the weather, or when you need a big green veggie cleanse. Serve warm, go fancy and top it with a drizzle of truffle oil or olive oil, paprika, extra herbs and/or edible flowers. This IS food as medicine...

Ingredients:

1 onion
2 zucchinis
2-3 stalks celery
2-4 cloves garlic
1 bunch leafy greens (kale, chard, dandelion, or beet greens), thick stem removed, chopped -- add only during last minute of steaming.
2 tsp ground cumin
1 tbsp nutritional yeast
Small bunch fresh parsley or watercress
Pinch of sea salt, or spray of Bragg's aminos, to taste
[Optional: Dash of cayenne pepper, or coriander, or few fresh basil or sage leaves

How to make:

Set up a large pot with steamer basket, and fill with water to just below bottom of steamer. Bring to boil, then turn heat down but allow steam to continue, and cover. Coarsely chop onion, zucchini, celery and garlic cloves, and steam until tender, about 5-8 minutes. You should be easily able to pierce the zucchini with a fork. Add your chopped leafy greens on top of the other steamed vegetables -- and continue to steam until greens are just wilted, only about 30 - 60 seconds. Keep it bright green!

Remove steamed vegetables and place in blender; save the leftover steamwater (will be green) in the pot. Add the cumin, nutritional yeast, parsley, and seasonings to the blender.

Blend everything until smooth, adding small amounts of leftover steamwater to thin your goop to desired consistency. Pour into bowls and serve while still warm. (doesn't reheat as well, so if you're prepping in advance, deliberately undercook the veggies a bit to keep vibrantly green.) Go wild -- drizzle black truffle oil, or sprinkle Spanish smoked paprika on top before serving!