

SPRING TONIC SOUP RECIPE

This recipe is a healthy soup that tastes like spring. It's the perfect opportunity to use nettles, but spinach is a good substitute. A simple stock can be made from the ingredients. We often double this recipe so we can eat the soup for a whole week. This recipe pairs well with homemade croutons floated on top or homemade sourdough rolls for dipping.



LEVEL: Moderate	PREP: 30 minutes	COOK: 1 hour	YIELD: 6 cups
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WHAT YOU NEED

All Ingredients

- 8 cups water
- Discarded vegetable scraps
- 3 Tablespoons butter
- 3 Tablespoons olive oil
- 4-5 small leeks (white parts only), sliced
- 1 medium potato, scrubbed and sliced
- 3 - 4 stalks celery
- Salt and pepper
- 1 bunch (about 12 oz) spinach or nettles
- 1/2 - 1 cup snow peas (frozen or fresh)
- 8 branches parsley, chopped
- Nutmeg, lemon juice, cream (optional)

All Equipment

- Large pot with lid
- Wood spoon
- Cutting board
- Sharp kitchen knife
- Measuring cups and spoons
- Several bowls
- Immersion or regular blender
- Canning funnel (optional)
- 3-4, 1-quart mason jar or water glass (optional)

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MAKING THE STOCK

Ingredients

- 8 cups water
- 1 Tablespoon butter
- 1 Tablespoon olive oil
- Leek Greens, chopped
- Spinach or nettle stems
- Several sprigs parsley
- Potato peels/other scraps

Instructions

1. Warm a large pot on the stove and then add the oil and butter until melted.
2. Add all vegetable scraps
3. Stir vegetables to coat in fats
4. Cook on medium low for several minutes, until fragrant
5. Add 1 cup water, cook for 5 minutes
6. Add the other 7 cups of water, turn up to high
7. Bring to boil
8. Simmer for 30 - 45 minutes
9. Strain and set aside

MAKING THE SOUP

STEW THE ROOT VEGETABLES

Ingredients

- 2 Tablespoons butter
- 2 Tablespoons olive oil
- 4-5 small leeks (white parts only), sliced
- 1 medium potato, scrubbed and sliced
- 3 - 4 stalks celery
- 1 cup stock
- 1 teaspoon salt

Instructions

1. Warm a large pot on the stove and then add the oil or butter until melted.
2. Add leeks, potato, and celery
3. Stir
4. Add stock and salt
5. Cover
6. Cook over medium-low heat for 15 minutes. Stir occasionally.
7. Add extra water if sticking occurs

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BLANCH GREENS AND HERBS

Ingredients

- 1 bunch (about 12 oz) spinach or nettles
- 1/2 - 1 cup snow peas (frozen or fresh)
- 8 branches parsley, chopped

Instructions

1. *Add spinach or nettles, snow peas, and parsley to pot*
2. *Cook 5 minutes or until wilted*

SIMMER AND PUREE SOUP

Ingredients

- 7 cups stock
- Salt and pepper
- Nutmeg, lemon juice, cream (optional)

Instructions

1. *Add stock to pot, cover*
2. *Bring to boil*
3. *Partially uncover, simmer for about 10 minutes or until potatoes are tender*
4. *Let the soup cool briefly .*
5. *Using an hand-held immersion or regular blender, puree the soup.*
6. *Add salt and pepper to taste.*
7. *Season the soup with a few scrapings of nutmeg and lemon juice.*
8. *Thin with cream if desired.*

SERVING SUGGESTIONS

Ingredients

- Croutons
- Sourdough rolls
- Chive blossoms (optional)

Instructions

1. *Serve the soup with homemade crouton slices floating on top or sourdough rolls for dipping.*
2. *If you have chive blossoms, they make a nice garnish.*

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STORING EXTRA SERVINGS

Instructions

Any soup you won't be eating the day you make it can be store in mason jars in the fridge.

In our household, 1-quart mason jars are 2 servings.

Place a canning funnel on top of a jar and pour soup into the jar until reaches about 2 inches from the top.

Screw a lid on top and place in fridge.

Extra servings last about 1 week in the fridge.

A jar can easily be removed from the fridge and reheated on the stove in just a few minutes.