



## Favorite Green Soup

### Ingredients:

- 1 Spanish onion, chopped med.
- 2 celery stalks, chopped med.
- $\frac{3}{4}$  cup organic split peas, rinsed
- 4 cups diced zucchini, 3 med., about
- 1 lb fresh spinach, chopped
- $\frac{1}{4}$  cup Italian flat parsley
- 2 Tablespoons basil leaf, chopped
- 1 bay leaf (fresh if possible)
- 2 Tablespoons olive oil
- 4 Cups Veggie stock
- 3 cups filtered water, or more
- Salt & pepper to taste
- OPTIONAL:  $\frac{3}{4}$  cup Wild Rice cooked, or more go by eye

### Procedure:

- Sauté onion until golden, add bay leaf and split pea simmer 40 mins. stir often, peas can stick to bottom of pot
- Cook Wild Rice,  $\frac{1}{2}$  cup rice to 2 cups boiling water, bring down to a simmer for 40, mins, don't overcook
- Add zucchini, and half of the spinach & stock to soup, you may have to add more water now, cook 5 mins. More
- Remove bay leaf and puree  $\frac{3}{4}$  soup, return to soup pot
- Stir in the rest of the Spinach and parsley until wilted; add s&p and basil
- Stir in the Wild Rice, try not to make it too thick with rice, it should be a creamy.
- Enjoy!