



Green on Green Soup

 Vegetarian  Vegan  Gluten Free  Very Healthy

READY IN



120 min.

SERVINGS



4

CALORIES



267 kcal

SOUP

Ingredients

- 0.5 teaspoon pepper black freshly ground
- 3 carrots cut into chunks
- 1 tablespoon cashew butter good (optional, but)
- 1 teaspoon celery salt
- 0.5 cup basil fresh finely chopped (or 2 tablespoons dried*)
- 4 cloves garlic chopped
- 2 pounds the salad such as kale, collards, swiss chard, spinach, romaine, bok choy chopped
- 1 slices optional: lemon

- 1 tablespoon juice of lemon
- 8 ounces mushrooms halved
- 3 tablespoons nutritional yeast
- 1 onion chopped
- 2 teaspoons oregano
- 4 servings salt to taste
- 4 servings vanilla-flavored soy yogurt plain
- 0.5 cup peas split rinsed drained
- 1 sweet potatoes and into cut into chunks
- 1 teaspoon thyme leaves
- 6 cups water

Equipment

- blender
- stove
- immersion blender
- pressure cooker

Directions

- Place the first 6 ingredients into a large pressure cooker, seal, and bring to high pressure. Reduce heat to maintain high pressure for 8 minutes.
- Remove from heat and allow pressure to come down naturally while you prepare the remaining ingredients. (For stove-top cooking, simmer until split peas are tender, about 30 to 45 minutes.) When the pressure is down, use a hand blender to puree the soup. Or, blend in batches in a regular blender—be careful because this is hot and splatters easily.
- Add the next 6 ingredients (*and the dried basil, if you're using it) and cook for about 30–45 minutes, until greens are completely tender.
- Add additional water if necessary to prevent soup from becoming too dry.
- Add the remaining ingredients and use your blender again to puree the greens and mushrooms until fairly smooth. Check seasoning and add salt as needed, and thin with a little

water if you find it too thick.

Serve with additional lemon or try it with a spoonful of plain soy yogurt stirred in.

Nutrition Facts

PROTEIN 22.65% **FAT 10.03%** **CARBS 67.32%**

Properties

Glycemic Index:92.83, Glycemic Load:8.44, Inflammation Score:-10, Nutrition Score:30.420000166997%

Flavonoids

Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg, Eriodictyol: 0.56mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg, Quercetin: 5.77mg

Nutrients (% of daily need)

Calories: 267.32kcal (13.37%), Fat: 3.2g (4.93%), Saturated Fat: 0.56g (3.5%), Carbohydrates: 48.38g (16.13%), Net Carbohydrates: 35.86g (13.04%), Sugar: 9.06g (10.07%), Cholesterol: 0mg (0%), Sodium: 923.94mg (40.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.27g (32.54%), Vitamin A: 18473.56IU (369.47%), Vitamin C: 65.15mg (78.97%), Manganese: 1.16mg (58.04%), Fiber: 12.51g (50.05%), Folate: 189.67µg (47.42%), Copper: 0.81mg (40.27%), Potassium: 1370.23mg (39.15%), Phosphorus: 305.99mg (30.6%), Vitamin B2: 0.49mg (28.53%), Vitamin K: 29.86µg (28.44%), Vitamin B6: 0.57mg (28.29%), Vitamin B1: 0.4mg (26.9%), Magnesium: 101.91mg (25.48%), Iron: 4.53mg (25.19%), Vitamin B3: 4.98mg (24.9%), Vitamin B5: 2.26mg (22.61%), Zinc: 2.19mg (14.6%), Calcium: 127.84mg (12.78%), Selenium: 8.08µg (11.54%), Vitamin E: 0.7mg (4.68%)