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Green Soup with Ginger

This tasty soup is chock-full of leafy green vegetables that are rich in magnesium; an important nutrient for bone health.

INGREDIENTS

1 large yellow onion
2 Tbsp (30mL) olive oil
1 ½ tsp (7mL) sea salt, plus more to taste
1 large sweet potato, peeled and diced
1 large leek, white and light green parts
1 bunch spinach & 1 large bunch green swiss chard
3 Tbsp (45mL) grated fresh ginger, plus more to taste
4 cups (1 litre) filtered water, or vegetable stock
2-4 tsp (10-20mL) fresh squeezed lemon juice
freshly ground black pepper
1 Tbsp (15mL) miso paste (optional)

DIRECTIONS

Chop the onion and sauté in olive oil with a sprinkle of salt, over low heat until it is soft and golden. Meanwhile, peel and dice the sweet potato and put it in the soup pot along with 4 cups water and a teaspoon of sea salt. Wash the leek, spinach, and chard, chop coarsely, and add to the pot, along with the grated ginger. Bring the water to a boil, lower the heat and simmer the soup, covered, for 30 minutes, or until the vegetables are tender. Add the vegetable stock or water. If you prefer a smoother soup, puree it in a blender, in batches, or with an immersion blender until it is smooth. Turn off the heat and stir in the optional miso paste for a richer flavor. Stir in 2 tsp (10mL) of the lemon juice and a few grinds of black pepper. Season to taste. Serves 5-6.

Nutrition info unavailable

Source: <http://www.drSusanRubin.com/recipe-green-soup-strong-bones/>