



# The Wholeness Chef

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## **Green Soup (aka Peasant Soup)**

*I love this recipe because it's so simple. You can basically make it at the end of the week when you virtually have nothing left in your fridge, and still whip together a really quick dinner for everyone.*

– Dr. Mary Rondeau | The Wholeness Chef

### **Ingredients:**

1 tbsp Olive Oil  
2 Celery Sticks, chopped  
1 small Onion, chopped  
1 clove Garlic, minced  
1 medium Russet Potato, cut into 1 inch pieces  
1 head of Parsley, cleaned and roughly chopped  
1 Bay Leaf  
1 sprig of Thyme  
4 cups Chicken Broth or Water  
Salt and Pepper to Taste

### **Directions:**

1. Add olive oil to a medium saucepan. When hot, add in onions, celery and garlic. Sauté for 2-3 minutes until just tender and translucent.
2. Add in chicken broth or water, bay leaf, thyme and potato. Bring to boil and reduce to simmer for 15 minutes until all vegetables are very soft.
3. Add parsley and let simmer for about 1 minute.
4. Remove from heat and remove thyme sprig and bay leaf. Pureé with a stick blender or transfer in batches to blender.
5. Add salt and pepper to taste. Drizzle olive oil just before serving.

Variations: Parsley can be replaced with watercress, kale, spinach or other leafy green.