

Old Favorite Green Soup

At its simplest, Creamy Green Soup is just cooked, garden-fresh zucchini blended with its own broth. Here is a delicious variation for a light summer meal. The recipe is from

The New Laurel's Kitchen by Laurel Robertson, Carol Flinders, and Brian Ruppenthal. Yields 7 to 8 cups.

1/2	onion, chopped
2 stalks	celery, diced
1 tbsp.	oil
6 cups	vegetable stock
3/4 cup	green split peas, rinsed
1	bay leaf
6 cups	zucchini, diced
1/4 tsp.	basil
1/8 tsp.	pepper
1 tsp.	salt
1 lbs.	spinach, washed and chopped
1/4 cup	fresh parsley, chopped

1. Saute the onion and celery in oil until soft. Add 4 cups of stock, split peas, and bay leaf. Bring to a boil; then cover loosely and simmer over low heat for about 40 minutes.

2. Add zucchini, remaining stock, and seasonings. Cook for another 10 minutes, until zucchini is tender.

3. Remove bay leaf and discard. Puree soup, return to the soup pot and stir in the spinach and parsley. Cook over medium heat for several minutes. Adjust seasonings and serve.

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Shopping List

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<u>Ingredients</u>	<u>Wieght or Volume</u>	<u>PLU #</u>
onion	1/2	_____
celery	2 stalks	_____
oil	1 tbsp.	_____
vegetable stock	6 cups	_____
green split peas	3/4 cup	_____
bay leaf	1	_____
zucchini	6 cups	_____
basil	1/4 tsp.	_____
pepper	1/8 tsp.	_____
salt	1 tsp.	_____
spinach	1 lbs.	_____
fresh parsley	1/4 cup	_____

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spinach	1 lbs.	_____
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