

power green soup

makes 6 servings | prep time: 15 minutes | cook time: 25 minutes

If a soup could do push-ups, this one would. Nearly nuclear in terms of energy, there's hardly a vitamin or mineral out there that can't be found among the kale, chard, leek, fennel, garlic, and shiitake mushroom base of the Immune Broth. The challenge here was making a green soup that tasted delicious. I think this one passes with flying colors, highlighted by the gremolata topper.

2 tablespoons extra-virgin olive oil, plus more for drizzling

1 yellow onion, chopped

Sea salt

1 large leek, white parts only, rinsed and chopped

1 Yukon gold or Yellow Finn potato, peeled and diced small

2 cloves garlic, minced

¼ teaspoon red pepper flakes or freshly ground black pepper

6 cups Immune Broth (page 40) or Magic Mineral Broth (below)

1 bunch Swiss chard, stemmed and coarsely chopped

1 bunch dinosaur kale, stemmed and coarsely chopped

¼ cup loosely packed chopped fresh flat-leaf parsley

1 teaspoon lemon zest

1 tablespoon freshly squeezed lemon juice

Kale Gremolata (below) for garnish (optional) or Crunchy Kale Crumbles (page 125)

Heat the olive oil in a soup pot over medium heat, then add the onion and ¼ teaspoon salt and sauté until the onion is golden, about 10 minutes. Add the leek and potato and sauté for 3 minutes more. Add the garlic and red pepper flakes and stir for another 30 seconds. Pour in ½ cup of the broth, stirring to loosen any bits stuck to the pot, and cook until the liquid is reduced by half. Add the chard, kale, and another ¼ teaspoon salt. Stir well to combine so the greens will wilt. Then add the remaining 5½ cups of broth and bring to a boil. Cover, and simmer for 5 minutes, or until the greens are just tender.

In a blender, puree the soup in batches until very smooth, each time adding the cooking liquid first and then the greens. Blend the parsley into the last batch. Pour the soup back into the pot, heat gently over medium-low heat, and stir in the lemon zest and juice. Taste; you may want to add a pinch more salt. Serve garnished with a drizzle of olive oil and topped with the gremolata, or store in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 3 months.

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magic mineral broth

makes about 6 quarts | prep time: 10 minutes | cook time: 2 to 3 hours

This is my signature savory broth. Its creation was that wonderful moment when everything came together in the kitchen to create something truly healing. (I must have been channeling someone's grandmother!) Literally thousands of people have spoken with me about the positive impact this broth has had on their lives. You'll be amazed at how revitalizing it is. With carrots, onions, leek, celery, potatoes, and more, it's a veritable veggie-palooza and can be used as a base for nearly all the soups in this book. In a bowl or sipped as a tea, it's the perfect cleansing broth.

6 unpeeled carrots, cut into thirds
2 unpeeled yellow onions, quartered
1 leek, white and green parts, cut into thirds
1 bunch celery, including the heart, cut into thirds
4 unpeeled red potatoes, quartered
2 unpeeled Japanese or regular sweet potatoes, quartered
1 unpeeled garnet yam (sweet potato), quartered
5 unpeeled cloves garlic, halved
½ bunch fresh flat-leaf parsley
1 (8-inch) strip kombu
12 black peppercorns
4 whole allspice or juniper berries
2 bay leaves
8 quarts cold, filtered water, plus more if needed
1 teaspoon sea salt, plus more if needed

Rinse all of the vegetables well, including the kombu.

In a 12-quart or larger stockpot, combine the carrots, onions, leek, celery, red potatoes, sweet potatoes, yam, garlic, parsley, kombu, peppercorns, allspice berries, and bay leaves. Add the water, cover, and bring to a boil over high heat. Decrease the heat to low and simmer, partially covered, for at least 2 hours, or until the full richness of the vegetables can be tasted. As the broth simmers, some of the water will evaporate; add more if the vegetables begin to peek out.

Strain the broth through a large, coarse-mesh sieve (use a heat-resistant container underneath), and discard the solids. Stir in the salt, adding more if desired. Let cool to room temperature before refrigerating or freezing. Store in the refrigerator for up to 5 days or in the freezer for up to 6 months.

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kale gremolata

makes $\frac{3}{4}$ cup | prep time: 5 minutes | cook time: none

Here I am, getting all fancy again. Gremolatas are garnishes—usually made of chopped parsley, grated lemon zest, and garlic. Me being me, I just have to tinker with things, so sometimes I swap cilantro for parsley and orange zest for lemon zest and, what the heck, throw some basil into the mix. Don't worry: it works.

**1 small bunch kale, stemmed
and finely chopped**
 **$\frac{1}{2}$ cup finely chopped fresh
flat-leaf parsley**
**1 tablespoon finely chopped
fresh mint**
Grated zest of 1 lemon
1 clove garlic, minced

Put all of the ingredients in a small bowl and stir to combine. Store in an airtight container in the refrigerator for up to 2 days.

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