



## **Mixed Greens Alkaline Soup**

I made this soup when my acid levels were too high to bring in more alkalinity and restore my pH balance. Sometimes cooked vegetables are easier to digest. This simple soup is creamy and very satisfying full of alkaline vegetables. The recipe is written for kale and Swiss chard but you can use any greens you have on hand.

4 servings

2 Tb olive oil

1 large onion chopped

2 stalks celery chopped

1 carrot chopped

¼ tsp Celtic sea salt

3 cloves garlic chopped

2 cups cauliflower chopped into medium pieces (you will blend it so it doesn't have to be pretty)

4 cups stock, chicken or vegetables

3 large kale leaves, stems and leaves separated and chopped ( about 1/2 cup stems, 1 cup leaves)

2 large Swiss chard leaves stems and leaves separated and chopped (about 1/2 cup stems, 1 cup leaves )

1 tsp dried rosemary leaves

1 Tb wheat free tamari

Fresh pepper

- Heat a medium soup pot. Add olive oil. Add onions, celery and carrots. Season with salt. This is known as a **Mirepoix**. It is a combination of chopped carrots, celery and onions used to add flavor and aroma to stocks, sauces, soups and other foods.
- Cover and sauté the vegetables on low heat for about 8 minutes until onions are translucent.
- Add garlic, sauté 1 minute.
- Add cauliflower, kale stems, Swiss chard stems and stock. Bring to a boil. Cover and simmer on medium-low for 15 minutes until the cauliflower is soft.
- Let stock cool for a few minutes. Blend until smooth and put back into the pot.
- Add the chopped kale, Swiss chard leaves and rosemary.
- Simmer on medium until the greens are tender about 4 minutes.
- Add tamari. Season with fresh pepper. Taste to adjust seasoning.
- Serve and enjoy!