



## Ginger Infused Green Soup

4-6 servings

You can either puree this soup or serve it with the vegetables in chunks like I did in the picture either way it is delicious. There is lots of ginger in this soup to support your cleanse and boost your digestion.

1 large yellow onion, chopped

1 large leek, white and light green parts, thinly sliced

2 tablespoons olive oil

1/2 tsp Celtic sea salt, plus more to taste

3 Tb chopped fresh ginger

1 large sweet potato, peeled and cut into 1/2" chunks, 2 cups

3 cups spinach, coarsely chopped

1 bunch Swiss chard, 4 cups, coarsely chopped

6 cups vegetable or chicken broth

Freshly ground black pepper

1 tsp lemon juice

- Heat a medium sauté pan, add the oil. Add the onions and leeks. Cook them slowly in the olive oil with a sprinkle of salt, stirring now and then, over low heat until they are soft and golden, about half an hour.

- Meanwhile, peel and dice the sweet potato and put it in a large soup pot along with the ginger, stock and a ½ tsp of Celtic sea salt. Bring to a boil, lower the heat and simmer, covered for 15 minutes.
- Coarsely chop the spinach and chard and add them to the pot. Simmer, covered for 15 minutes more until the vegetables are tender.
- Add the caramelized onions when they are ready.
- Stir in the lemon juice and a few grinds of black pepper. Taste, and correct the seasoning with additional salt or lemon juice.

### **A few more things...**

- Have the soup the first day in chunks like it the recipe and blend it the second day for a different experience.
- Substitute other greens for the spinach or chard; dandelion is great too!
- It is good made with red potatoes instead of the sweet potatoes.