***Green Soup***

Adapted from Kirstie Alley’s recipe at  
 <http://www.oprah.com/food/Kirstie-Alleys-Green-Soup>

1 medium onion, quartered (red onion is good in this)

2 tablespoons extra virgin olive oil

16 ounces frozen baby broccoli florets

½ of a large bunch fresh asparagus, white ends snapped off\*

5 ounces (1 small tub) fresh organic baby spinach

3 cups chicken stock

½  teaspoon ground black pepper

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½  teaspoon salt, or to taste\*\*

Add all ingredients, except salt, to a large pot.  Bring to a boil, cover and simmer for 30 minutes.  Allow to cool a little and then blend until smooth with an immersion blender.  Taste for salt.  Serve in mugs.

\* Too much asparagus seem to give the soup a slightly “starchy” flavor.  If you have a very large bunch of asparagus, save some of it for another use.

\*\* Different brands of stock/broth vary in salt content.   Holding the salt until the end allows you to taste for seasoning.

Notes:

* Add water or more stock as needed to thin the soup to desired consistency.
* If you don’t have asparagus you can make a version of this using more broccoli.
* Frozen chopped spinach can be substituted for fresh.