



# Dinah's Kitchen

## Green Soup

- 1 1/2 pounds broccoli
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon unsalted butter
- 2 tablespoons minced garlic
- 1 cup (1/4-inch) diced onion
- 1/2 cup (1/4-inch) diced celery
- salt
- Freshly ground black pepper
- 2 teaspoons finely chopped fresh thyme leaves
- 5 cups chicken stock or canned low-salt chicken broth
- 2 cups packed spinach or Kale, or combination
- 2 teaspoons freshly grated lemon zest
- 1 cup heavy cream or buttermilk (if using buttermilk, cut the lemon zest in half)

Cut broccoli florets from stems. Peel outer skin from the stems and trim fibrous ends. Cut stems lengthwise into slices about 1/2-inch thick and then crosswise into 1/2-inch pieces. Heat olive oil and butter in a soup pot over medium-high heat until hot. Add the garlic and cook until light brown. Add onion and celery, lower heat to medium, season with salt and pepper. Cook vegetables slowly until tender, about 10 minutes. Regulate heat so vegetables cook without taking on color.

Add the thyme and stir. Add broccoli stems, stock, and salt and pepper, to taste, and bring to boil. Cook, uncovered, for about 3 minutes. Add florets, spinach and kale, and continue to cook until very tender, about 5 minutes more. Puree soup. Stir in the cream. Taste and adjust the seasoning with salt and pepper. Keep warm.

\* When finishing a dish with the addition of a dairy product, add some dairy to early cooking to help meld flavors.