

## Green Goddess Stone Soup

### INGREDIENTS:

1 tablespoon olive oil  
1 large sweet Vidalia onion, peeled and diced  
6 cloves garlic, peeled and minced  
3 celery stalks, chopped  
6-8 cups vegetable stock  
1 small head of broccoli, chopped into bite-sized florets  
1 small head cauliflower, chopped into bite-sized florets  
1 (15-ounce) jar white beans, rinsed and drained  
½ cup parsley leaves, chopped  
2 teaspoons ground cumin  
1–2 teaspoons sea salt  
pinch of crushed red pepper flakes & freshly-cracked black pepper  
3-6 cups baby spinach  
Zest and juice of 1 lemon (about 2 tablespoons juice)  
1 reserved white bean (the stone in the soup)

***Toppings:** sliced avocado, chopped fresh cilantro, basil or mint, and/or toasted seeds (pepitas, sunflower seeds, etc.)*

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## **INSTRUCTIONS:**

1. Heat oil in a large stockpot over medium-high heat.
2. Add onion and sauté for 5 minutes, stirring occasionally, until softened and translucent.
3. Stir in the garlic and sauté for an additional 1-2 minutes, stirring occasionally, until fragrant. Make sure the garlic doesn't brown, as that lends itself to a bitter/burnt flavor.
4. Add in the vegetable stock, celery, broccoli, cauliflower, white beans, cumin, parsley, 1 teaspoon sea salt, crushed red pepper flakes, and black pepper, and stir until combined.
5. Continue cooking until the soup reaches a simmer. Then reduce heat to medium-low, cover, and simmer for 5-8 minutes, or until the broccoli and cauliflower are tender.
6. Stir in the spinach and cook for 1 minute, or until it is slightly wilted.
7. Use an immersion blender (or transfer the soup in batches to a traditional blender) to puree the soup until smooth.
8. Add reserved white bean.
9. Stir in the lemon zest and juice until combined.
10. Taste and season the soup with additional salt and pepper, if needed.
11. Serve warm & enjoy! Serve with your choice of toppings.

***Can be refrigerated in a sealed container for up to 3 days.***