



Spring Green Soup

Ingredients:

- 1 medium onion, roughly chopped
- 2 cloves garlic, minced
- 2 tablespoons Butternut Squash Seed Oil
- 1/2 cup broccoli florets
- 1 10-ounce package of frozen peas
- 1/2 pound potatoes, roughly diced
- 1 small bunch parsley, stems removed
- 1 bunch watercress or 1/2 cup chopped spinach
- 1 cup chopped green cabbage
- 6 cups chicken stock
- 2 teaspoons salt
- 1 teaspoon lemon juice
- handful of basil leaves, cut into strips

In a large saucepan, sauté onion and garlic in Butternut Squash Seed Oil on medium heat until onions are translucent and softened, about 5 minutes. Add all remaining vegetables and chicken stock; bring to a boil. Lower heat to simmer and cook until vegetables are tender, about 20 minutes. Puree the cooked vegetables in a food processor or blender. Season with salt and lemon juice to taste. To serve, garnish with basil leaves and drizzle with Butternut Squash Seed Oil. Enjoy with a slice of pumpnickel or sourdough bread.

