

Get Your Greens Soup

Ingredients

- 1 T olive oil (or coconut oil)
- 1 leek (or onion, diced)
- 2 clv garlic (minced)
- 1/2 t basil (dry)
- 6 c broth (or water)
- 3 c greens (kale, chard, dandelion)
- 1/2 c herbs (basil, cilantro or parsley)
- 1 T ume plum vinegar (or 1 tsp sea salt)
- 0 ds fresh ground black pepper (to taste)

Instructions

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- Saute onions and garlic in oil.
- Add basil and vegetables and water.
- Simmer until greens are tender.
- Add fresh herbs.
- Whiz with a handheld blender.
- Return to pot and simmer more to thicken, deepen flavours.
- Add <a

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[ume](http://www.heidilescanec.com/content/ume-plum-vinegar)

(already salty!) and salt and pepper to taste.

(For a creamier soup, add a sweet potato and cook before the greens)