



## Spring Green Vegetable Soup

March 28, 2024

*When your heart is saying, "Spring is here," but the weather begs to differ... It's time to make this comforting bowl of Spring's Greatest Hits! Packed with loads of green vegetables, and bright herby flavors, this soup is simple to make and is so easy to substitute with whatever you have on hand. Serve it with a sprinkle of parmesan and some good olive oil at the table, and you'll be begging for another chilly snap, so you can make it again!*

**Serves 4-6**

### Ingredients:

- 2 leeks, white and light green parts only; split lengthwise and rinsed of any dirt, then cut crosswise into  $\frac{1}{4}$ " pieces
- 4-6 spring onions/scallions, thinly sliced; white and green parts separated
- 4 cloves garlic, minced
- 1 bulb fennel, sliced thinly
- 1 bunch swiss chard, ribs removed and chopped, leaves torn into large pieces
- 1 (15 ounce) can of white beans, like cannellini, rinsed and drained
- 8 ounces baby yukon gold potatoes, cut into  $\frac{1}{2}$ " pieces
- 6 cups chicken or vegetable stock
- 1 cup frozen peas
- 1 lemon, juiced and zested
- $\frac{1}{2}$  cup mint leaves, plus more for garnish
- $\frac{1}{2}$  cup chopped parsley, plus more for garnish
- 1 parmesan rind (optional)
- Olive oil
- Kosher salt and freshly ground black pepper

### Method:

1. Heat 3 tablespoons of olive oil in a Dutch oven over medium. Add leeks, scallion whites, and garlic. Season generously with salt and sweat for 7-10 minutes, stirring frequently, until the leeks are almost jammy. If browning begins to happen, lower the heat—you want soft green veg.
2. Add sliced fennel and swiss chard stems to the pot and saute 4-6 minutes, until they are just softened.
3. Add drained beans, potatoes, and stock to the pot. If using a parmesan rind to flavor the broth, add it now. Increase heat to bring the pot to a boil, then reduce heat to a medium-low simmer. Cook until potatoes are tender, and the tip of a paring knife glides easily in-and-out of the center of one, 15-18 minutes. Fish out the parmesan rind with tongs and discard once cooled.



*What's 4 Dinner?*

4. Once potatoes are tender, wilt swiss chard leaves into the broth. Add frozen peas, lemon zest and juice, and scallion greens (reserving some for garnish). Taste for seasoning, and adjust as needed.
5. Stir in most of the mint and parsley, reserving some for garnish. Spoon soup into bowls and top with herbs before serving. Optional to sprinkle with parmesan cheese and drizzle good olive oil at the table.