



September 18th Chef Demo by Souper Jenny

Fall Super Power Green Topped with Greek Yogurt

- *1 Vidalia onion, chopped
- *2 Tablespoons extra virgin olive oil
- *1 bunch broccoli rabe, cleaned, chopped -*HEIRLOOM GARDENS*
- *1 bunch kale, cleaned and chopped - *HEIRLOOM GARDENS*
- *1 bunch mustard greens, cleaned and chopped -*SPLIT CEDAR*
- *2 bunches Swiss chard, cleaned & chopped- *SPLIT CEDAR*
- *2 bunches Mizuna - *SPLIT CEDAR*
- *2 cans artichoke hearts in water
- *4 quarts low sodium vegetable broth
- *1 rind of parmesan
- *salt & pepper to taste
- *8 ounces Greek yogurt, feta or crème fraiche -*ATLANTA FRESH*

Heat soup pot. Add oil. Add onion and sauté five minutes or until soft. Add all the vegetables, vegetable stock and parmesan rind. Bring to a boil then lower heat, partially cover and simmer for one hour. Remove parmesan rind. Turn off soup and with a hand blender blend soup until smooth. Serve topped with yogurt!

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