

SPRING SOUPS

Chinese Noodle Soup

2 cups noodles, cooked and drained
4 cups vegetable broth
1 carrot, cut into flowers
1 green onion, chopped (optional)
2 cups spring greens, finely cut
½ cup sprouts
sea salt to taste

- Heat broth.
- Add carrots, onion, and salt.
- Simmer 10 minutes, until verging on tenderness.
- Add greens and cook until bright-coloured.
- Serves 4-6.

Variations: Hot and Sour Soup – add lemon juice or vinegar with hot sauce.

Green Pea Soup

2 cups whole or split peas, presoaked
¼ onion diced (optional)
1 cup celery, diced
1 cup carrots, diced
1 bay leaf
5-6 cups water
½ cup dulse
¼ teaspoon dry mustard
1 teaspoon sea salt
2 tablespoons vinegar (optional)

- Layer vegetables in a pot in order given.
- Add peas, water, and bay leaf.
- Bring to a boil. Reduce heat and simmer 1 hour (whole peas require longer).
- Add dulse, mustard, and salt. Simmer 10 minutes more.
- Add vinegar before serving.
- Serves 6.

Green Spring Soup

6 cups water or broth
4 medium potatoes, chopped
¼ medium onion or leek, chopped (optional)
2-3 cups kale (or spring greens), chopped
2 cloves garlic
1 teaspoon sea salt
1 teaspoon olive oil (optional)

- Bring liquid to boil.
- Add potatoes, onion, and salt. Cover.
- Reduce heat. Simmer until tender.
- Add kale and garlic. Simmer until kale is tender and bright green.
- Puree all ingredients together.
- Add olive oil before serving.
- Serves 6