Glorious Green Soup

Ingredients
2 tablespoons extra virgin olive oil
1 medium onion, cut into crescent moods
6 to 7 cloves garlic, crushed
1 to 2 teaspoons dried thyme
10 cups chicken stock
8 cups chopped dark leafy greens (kale, chard, collard, spinach)
2 to 4 cups cooked cannellini beans
1 lemon, juiced
Herbamare or sea salt and freshly ground black pepper to taste

Directions
1. Heat a 6-quart pot over medium heat. Add the oil, then add the onions; sauté until soft, about 5 to 10 minutes. Add the garlic, sauté a minute more. Then add stock and simmer for about 5 minutes so the onions soften a little more.
2. Add the greens and beans. Cover and simmer 10 to 20 minutes or until greens are tender. Timing will depend on how large your greens are. Young, fresh greens will only take a few minutes, while large greens may need about 20 minutes. Add lemon juice and season with salt and pepper to taste.

Yield: 6 to 8 servings

Recipe from “Nourishing Meals” by Alissa Segersten and Tom Malterre