

Wilted Greens Soup with Crème Fraîche

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Modified by JoEtta Heck, RDN for premier cooking demonstration presented on [DIETforbalancedhealth.com](https://www.dietforbalancedhealth.com) on 4.21.2021 for the Grounded in Wholeness Community and the Empower Your Sense of Taste Cooking Class Series.

This is a great recipe for using leafy greens that might have been in the crisper drawer and still lost their crispness. Freshly harvested backyard garden greens tend to wilt fast and are perfect for this recipe. Additionally, sometimes our body types do not digest raw leafy greens easily. This recipe is perfect for people who cannot chew or digest the raw form.

Read the recipe twice before starting. Then, assemble all ingredients after washing hands thoroughly.

Estimated active time: 20 minutes and about, 40 minutes from start to bowl.

Yield: Serves 4

Ingredients

- 4 Tablespoons (1/2 stick) unsalted butter.
(Or use 2 – 3 tablespoons, if a lower fat version is desired. May also substitute plant-based oil for the butter and use less than the 4 Tablespoons listed)
- ½ onion, chopped
- 3 sprigs thyme, leaves picked
- 1 small Yukon Gold or ½ russet potato, peeled, cut into 1-inch pieces
- 4 cups of low-sodium chicken broth or vegetable broth
- 4 cups chopped mixed wilted greens (such as Boston, romaine, arugula, iceberg, red oak, and/or green oak), organic preferred.
- 10 ounces of fresh English Peas
- 1 teaspoon sugar, organic preferred
- Salt, freshly ground pepper to taste
- Crème Fraîche or Tofutti (soy-based product like sour cream)
- Chopped fresh herbs of choice fresh chives, tarragon, mint, basil, thyme and/or parsley

Supplies

Prior to using, ensure all supplies and food preparation areas are clean.

Cutting board, chef knife, medium sauce pan with lid, stove, vegetable peeler, liquid measuring cup, measuring teaspoon, spoon to stir soup, kitchen scissors, blender or hand-held emulsion blender.

Preparation

Prior to using, wash all produce with a designated brush under luke warm water.

1. Wash hands for 20 seconds using soap and water.
2. Gather all ingredients and supplies.
3. Heat butter, until melted, in a medium saucepan over medium heat.
4. Add chopped onion and thyme leaves to melted butter, cook, stirring often, until onion is translucent and tender, about 5 minutes.
5. Add one-inch pieces of potato and cook, stirring occasionally, until potato surfaces look chalky, about 2 minutes.
6. Add broth, bring to a boil, and cook until potato is tender, 8-11 minutes. Use a fork to check for the tenderness of the potato.
7. Stir in greens, peas and sugar.
8. Remove from heat, cover and let sit for 10 minutes to allow greens to soften.
9. Puree soup, in a blender or with hand-held emulsion blender, until smooth.
10. Season with salt and pepper
11. Serve soup topped with Crème Fraîche or Tofutti and the chopped herbs you enjoy.

Enjoy a recorded cooking demonstration of this recipe on YouTube at <https://youtu.be/kOcgdyllg6Y>

