



RICE, KALE & LEMON SOUP WITH TURMERIC & HERBS

Serves 6-8

Ingredients

2-3 Tbsp	Butter		
1 medium	Onion, diced ½ inch	3 Tbsp	Olive Oil
2 stalks	Celery, diced ½ inch	1-2 cloves	Garlic, minced
2 medium	Parsnips, small diced, diced ½ inch	2-3 Tbsp	Parsley, minced
1 Tbsp	Turmeric	2-3 Tbsp	Cilantro, minced
1 large bunch	Dinosaur Kale, rough chopped	1-2 tsp	Smoked Paprika
9 cups	Vegetable Stock or Chicken Stock	6 slices	Crusty Bread
1 cup	Arborio Rice	To taste	Salt & Pepper
2	Lemons, cut in halves		

Equipment

- Chef's knife
- Small sauté pan
- Stockpot
- Ladle

Directions

1. Melt the butter in a stock pot on medium heat & sauté the onions until translucent. Add the celery, parsnips and rice and continue to sauté for a few minutes stirring so the rice gets coated in fat. Add the stock, bring to a boil, reduce to a simmer, add 2 lemon halves and cook until tender (about 15-25 minutes until veggies are tender and rice cooked). Remove from the heat. Season with the rest of the lemon juiced, salt & pepper.
2. Heat the olive oil on a small sauté pan on med-high heat. Sauté the garlic, herbs and paprika for a minute or two until fragrant.
3. Ladle into bowls and garnish with the garlic fried herbs & crusty bread.