



Verde Vida Soup

One of the tastiest experiences at The Ranch is our condiment bar with nuts, seeds and spices to garnish your soups and salads. You can add texture and flavor or sprinkle a dash of red pepper to heat your lunch while staying true to our nutritional values. This green bowl of vegetable goodness is a perfect soup to experiment with and add a bit of seedy spiciness to your life.

Ingredients:

- 2 tablespoons olive or avocado oil
- 1 small onion, diced
- 2 garlic cloves, chopped
- 1-inch ginger, peeled and sliced thin
- 1 lb. summer squash (zucchini, chayote, etc.), cut into cubes
- 1 head of broccoli, chopped
- 1 cup organic coconut milk
- 3 cups vegetable broth or water Salt and pepper to taste
- 2 cups spinach, kale or chard
- 1 cup fresh basil, chopped and divided

Garnish:

- Toasted pumpkin, sesame, and fennel seeds
- Scallions and basil, finely chopped
- Crushed red pepper

Method:

1. Place the oil in a soup pot and caramelize the onion, add the ginger and garlic. Add the diced squash and broccoli and cook for 5 minutes at medium heat. Add coconut milk and broth.
2. Once the soup boils reduce the heat to simmer until all the vegetables are fully cooked, add the spinach and basil, and let sit for 2 minutes. Blend the soup with the immersion blender until creamy and smooth. If you want, you can blend the soup in a regular blender, removing the center of the lid and placing a towel over the hole to allow the steam to escape.
3. Place the soup back in the pot and season it to taste with salt and pepper.

4. Serve hot with a spoonful of toasted seeds and fresh herbs