



## Broccoli, Kale & Jalapeño Soup

This is a spicy bowl of comfort you can serve at the table. The finely chopped jalapeño, native to Mexico, add a delightful moderate heat. You could substitute a green pepper if you still want an earthy flavor without the mild Scoville scale kick. Sprinkled with the pepitas, pumpkin seeds, this soup from Executive Chef Reyna and her culinary team is refreshing. Soaking the pumpkin seeds before roasting will help give that outer shell a crunchy texture.

### INGREDIENTS:

2 tbsp. olive or avocado oil  
½ medium onion, diced  
1 tsp. dried oregano  
1 tsp. ground cumin  
1 jalapeño, seeded and finely chopped  
2 garlic cloves, chopped  
1 cup corn kernels  
1 lb. broccoli, chopped

1 bay leaf  
5 cups vegetable broth  
Salt and pepper to taste  
1 Tbsp nutritional yeast  
1 ½ cups kale, chopped  
½ cup pumpkin seeds, soaked  
Fresh cilantro, chopped  
1 lime

### METHOD:

1. Place the olive oil in a soup pot and add the diced onions. Sauté until caramelized. Add the spices, jalapeño, and garlic, and sauté until fragrant, about 1 minute. Add the corn kernels and cook until golden brown.
2. Add the chopped broccoli, bay leaf, and vegetable broth.
3. Once the soup boils reduce heat and simmer until all the vegetables are fully cooked. Remove the bay leaf and blend half of the soup with the soaked pepitas and 1 cup kale. Blend until the texture is creamy and smooth. If you are using a Vitamix, remove the center of the lid and place a towel on top. Start blending at low speed to prevent any accidents.
4. Place the soup back into the pot and season to taste with salt and pepper.
5. Serve with chopped cilantro, sautéed corn kernels, chopped kale, and toasted pumpkin seeds; you can add a couple of jalapeño slices and a squeeze of lime to highlight the flavors.

### NOTES:

- \*For soaking pumpkin seeds, pour the seeds into a large pot. Add water and salt. Roughly ½ Tablespoon of salt for every two cups of water. Drain well before roasting.
- \*For roasting the seeds bake at 375° for 25-30 minutes, stirring and turning the seeds every 5 minutes, until golden brown and crunchy.

¡Buen Provecho!