Healthy Girl Kitchen

HEALING GREENS SOUP (adapted)



1 diced yellow onion
1/4 cup white wine, sherry, or water
2 cups roughly chopped kale
1 cup diced zucchini
1 can rinsed and drained cannellini beans
1/3 cup chopped parsley
1/2 cup jasmine rice
1/4 cup chopped dill
1 tsp salt
1/4 tsp black pepper
Two-32 oz cartons of vegetable broth
Bakery bread for dipping



Bring a large soup pot to medium heat and add wine or other liquid and onion. Sauté until the onion is translucent. Add in zucchini and sauté for another five minutes until the zucchini is golden.



Add in kale, beans, parsley, dill, rice, salt, pepper and vegetable broth. Stir.

Bring to a boil then cover and cook on low stirring occasionally for 20 minutes. Serve with crusty good bread and enjoy!



Editor's Note: The recipe was adapted to be oil-free. It calls for jasmine rice, but remember you can find jasmine brown rice (I buy Dynasty brand). This soup might be good with some vegan Parmesan (recipe follows).

VEGAN SUNFLOWER PARMESAN CHEESE

3/4 cup raw sunflower seeds
3 tbsp nutritional yeast
3/4 tsp salt
1/4 tsp garlic powder

Blend all ingredients in food processor.

Store in a container and that's it! Enjoy!

Danielle Brown is the "healthy girl" behind **Healthy Girl Kitchen.** She went plant-based her freshman year in college, and brings you the recipes and meal ideas she wishes she'd had back then. Healthy Girl's recipes are entirely plant-based, but some recipes use oil and would have to be adapted to WFPB.