

Radish Greens Soup

- **3 Tb. unsalted butter (45 ml)**
- **1/3 cup diced onion (80 ml)**
- **2 bunches radish greens, cleaned (about 2 cups or 480 ml)**
- **1 large turnip, peeled and diced (about 1 cup, 240 ml)**
- **4 cups chicken stock (1 liter)**
- **2 cups water (480 ml)**
- **1 cup heavy cream (240 ml)**
- **1 tsp. salt (5 ml)**
- **1 tsp. black pepper (5 ml)**
- **1 tsp. garlic powder (5 ml)**
- **1 tsp. ground thyme (5 ml)**

In a medium stockpot, melt butter over medium heat. Stir in onions, and sauté until transparent. Add radish greens, and cook until wilted, about 4 minutes. Add turnips, chicken stock, and water and cook, stirring occasionally, until turnips are tender. Force the mixture through a food mill or sieve into a medium bowl (this is easiest to do in several smaller batches). Stir in the heavy cream, and season with salt, pepper and thyme. Strain the puréed mixture again through a fine mesh sieve into the original pot. Bring soup just to a simmer over medium heat. Serve garnished with radish zest, if desired. 4 servings, each: 255 cal, 22 g fat (13 sat.), 7 g carb (1 g fiber), 8 g protein, assuming that radish greens are equivalent to turnip greens - I could not locate a reliable count). You could substitute other greens, of course, whatever you have available or ready in the garden. You can also mix several different kinds of greens.