



Green Vitality Vegetable



From: Jeff Spurgess

Serves: 20+

Prep Time: 30 min

Cook Time: 1.5 hours

Instructions

- 1) Preheat oven 450, add sliced potatoes and garlic and roast.
- 2) In a huge pot, sweat onion, jalapeno, ginger, 1/3 carrots, 1/2 celery, 1/2 mushrooms, steam cuts from greens (kale, spinach, cilantro, parsley)
- 3) Add canned tomatoes, agave, salt pepper and cook until garlic is soft in the oven.
- 4) Add the garlic and blend with and immersion blender, adding water if needed.
- 5) Add other 1/2 celery, 1/2 mushrooms, 2/3 carrots, spinach, kale, cilantro, parsley and cook until carrots are soft.
- 6) Add peas and chickpeas.
- 7) Use the potatoes as a bottomer. And top with raw cashews.

Notes

Ingredients

- Onion – 1 large
- Garlic – 2 whole heads
- Ginger – 5 thumb sized pieces
- Celery – 1 whole stalk
- Kale – 1 Bunch
- Cilantro – 1 bunch, top leaf ½ for topper, bottom stem ½ for soup
- Parsley—1 bunch
- Spinach—2 bunches
- Tomatoes – 4 large can petite diced
- Jalapeno Peppers – 8 large
- Carrots – 3 lbs
- Mushrooms – 16 oz
- Peas – 1 large bag
- Potatoes—5 lb bag
- Chickpeas—5 cans
- Agave – 1/3 cup
- Lemons—2 large
- Limes—3 large
- Salt – 2 tablespoons
- Pepper – 2 tablespoons
- Raw Cashews – Chopped for topper

