

1. Watercress Vichyssoise, 6 servings

This plant-based version of the French classic capitalizes on watercress and a little fennel to give the soothing base a delightfully fresh and subtle peppery edge..

INGREDIENTS

1 tbsp olive oil
1 large leek, sliced thin
½ med yellow onion, finely chopped
1 med bulb fennel, diced
1 lb russet potatoes, peeled and cut into ½ in cubes
2 ¼ cup Flour
1 tsp fennel seed
1 tsp minced fresh thyme
5 cups vegetable broth
sea salt and ground pepper
¼ cup raw cashews
1 bunch watercress (3 cups packed) trimmed

DIRECTIONS

Warm the oil in a heavy-bottom pot over medium low heat. Add the leek, onion, and fennel, and sweat for 3-4 minutes, or until the vegetables begin to turn translucent. Add the potatoes, fennel seeds, thyme, broth, a pinch of salt, and ½ teaspoon ground pepper, and increase the heat to high. Bring to a boil, and then reduce the heat to medium-low. Simmer until the potatoes are very soft, about 25-30 minutes. Remove from the heat and add the cashews and watercress. Working in batches if needed, transfer the soup to a blender and puree until smooth, adding a little water to thin, if needed. Adjust salt and pepper to taste. Refrigerate the soup for about 2 hours to chill and serve with a light drizzle of olive oil and a couple of fennel fronds on top.

Variation: Although vichyssoise is traditionally served cold, you can also serve it warm. Try gently heating the soup over low heat until it is warmed through. You can even stir in 2-3 cups of cooked quinoa for an extra-hearty meal.

Morris. Julie (2016) *Superfood Soups*. New York, NY: Sterling Publishing.