Rice, Kale & Lemon Soup with Turmeric & Herbs

Serves 6-8

Ingredients

2-3 Tbsp	Butter
1 medium	Onion, diced ½ inch
2 stalks	Celery, diced ½ inch
2 medium	Parsnips, small diced, diced ½ inch
1 Tbsp	Turmeric
1 large bunch	Dinosaur Kale, rough chopped
9 cups	Vegetable Stock or Chicken Stock
1 cup	Arborio Rice
2	Lemons, cut in halves
3 Tbsp	Olive Oil
1-2 cloves	Garlic, minced
2-3 Tbsp	Parsley, minced
2-3 Tbsp	Cilantro, minced
1-2 tsp	Smoked Paprika
6 slices	Crusty Bread
To taste	Celtic or Redmond Real Salt & Pepper

Equipment

- Chef's knife
- Bread knife
- Stockpot
- Ladle
- Wooden spoon
- Slotted spoon
- Prep bowl
- Food processor

Directions

1. Melt the butter in a stock pot on medium heat & sauté the onions until translucent. Add the celery, parsnips and rice and continue to sauté for a few minutes stirring so the rice gets coated in fat. Add the stock, bring to a boil, reduce to a simmer, add 2 lemon halves and cook until tender (about 15-25 minutes until veggies are tender and rice cooked). Remove from the heat. Season with the rest of the lemon juiced, Celtic or Redmond Real Salt & pepper.

2. Heat the olive oil on a small sauté pan on med-high heat. Sauté the garlic, herbs and paprika for a minute or two until you can smell the fragrances.

3. Ladle into bowls and garnish with the garlic fried herbs & crusty bread.

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