



Vibrant Spring Soup



Ingredients

- 1 tablespoon of olive oil
- 1 teaspoon of ground cumin
- 1 teaspoon of ground coriander
- 1 large yellow onion, chopped
- Pinch of salt
- **3 cloves of garlic, minced**
- 2 ribs of celery, thinly sliced
- **10 small red potatoes, cut into small cubes**
- Freshly ground black pepper
- Juice of ½ lemon
- 4 cups of vegetable broth
- **1 pound of fresh English peas**
- **4 cups of baby spinach**
- **2-3 green onions, thinly slices**
- Handful of mint leaves, chopped

1. Heat the oil in a medium soup pot over medium heat. Add the cumin, coriander, onion and a few pinches of salt. Sauté for 5 minutes.
2. Add the garlic, celery, potatoes, pinch of salt and black pepper to taste, and cook, stirring for another 5 minutes until fragrant. Add the lemon juice and let it absorb for 1 minute then pour in the vegetable broth or water.
3. Bring the liquid to a boil, lower the heat to a simmer, and cook, covered until the potatoes are tender, 10-15 minutes. Add the peas and greens to the soup and stir until the greens wilt.
4. Transfer 1 ½ cups of the soup to a blender and blend until creamy. Return the blended soup to the pot and stir to combine. Taste and adjust the seasonings, as necessary. Serve the soup garnished with chives, fresh mint, and a squeeze of lemon.



Recipes brought to you by Auburn Parks, Arts & Recreation AmeriCorps Member.