

EatingWell

Green Soup with Yams & Sage

★★★★☆

This kale and spinach soup has a beautiful complexity. It's slightly sweet, with a bright note of lemon and the subtle aromatics of thyme, sage and garlic. Japanese yams are marvelously flavorful; they have a dark purplish skin and are snow-white inside. Ask for them at your farmers' market or grocery, but if they are unavailable, regular sweet potatoes can be substituted.

Anna Thomas

Total: 1 hr

Servings: 8



Ingredients

3 tablespoons extra-virgin olive oil, divided, plus more for garnish

2 large onions, chopped

1 teaspoon salt, divided

2 tablespoons plus 4 cups water, divided

4 cloves garlic, sliced

1 teaspoon chopped fresh thyme leaves or 1/2 teaspoon dried

1 large bunch Tuscan, lacinato or Russian kale

2 medium or 1 very large Japanese yam or regular sweet potato (about 1 1/4 pounds)

14 cups gently packed spinach (about 12 ounces), any tough stems trimmed

Directions

Step 1

Heat 2 tablespoons oil in a large skillet over high heat. Add onions and 1/4 teaspoon salt; cook, stirring frequently, until the onions are beginning to brown, about 5 minutes. Reduce the heat to low, stir in 2 tablespoons water, garlic and thyme and cover. Cook, stirring frequently until the pan cools down, and then occasionally, always covering the pan again, until the onions are greatly reduced and have a deep caramel color, 25 to 35 minutes.

Step 2

Meanwhile, remove tough stems and ribs from kale and coarsely chop the greens. Peel yam (or sweet potato) and dice into 1-inch pieces. Coarsely chop spinach; set aside.

Step 3

Combine the remaining 4 cups water and 3/4 teaspoon salt in a soup pot or Dutch oven; add the kale, yam (or sweet potato) and sage. Bring to a boil. Reduce heat to maintain a simmer, cover and cook for 15 minutes.

Step 4

Stir in the spinach, return to a simmer, cover and cook, stirring once halfway through, for 10 minutes more. When the onions are caramelized, stir a little of the simmering liquid into them;

8 fresh sage leaves or 1
teaspoon crumbled dried

4 cups vegetable broth, store-
bought or homemade

Pinch of cayenne pepper

1 tablespoon fresh lemon juice,
or more to taste

Freshly ground pepper to taste

1 tablespoon agave nectar, or
more to taste (optional)

16 fried sage leaves for garnish
(see Tip)

add them to the soup. Add broth; return to a simmer, cover
and cook for 5 minutes more.

Step 5

Puree the soup in the pot with an immersion blender until
perfectly smooth or in a regular blender in batches (return it to
the pot). Stir in cayenne, a few grinds of pepper and 1
tablespoon lemon juice. If the soup is sweet to your taste, add
more lemon juice; if it's too tart, add agave nectar, if desired.
Just before serving, whisk the remaining 1 tablespoon oil into
the hot soup. Garnish each bowl of soup with a drizzle of oil
and 2 fried sage leaves.

Tips

Tip: To make fried sage leaves: Set a small strainer over a
heatproof bowl. Heat about 1/2 inch olive or canola oil in a
small saucepan over medium-high heat until shimmering but
not smoking. Add sage leaves; fry just until crisp, 1 to 3
minutes. Drain in the strainer then spread out on a paper
towel until ready to use.

Tips

To make ahead: Cover and refrigerate for up to 3 days.

Nutrition Facts

Serving Size: 1 1/2 cups

Per Serving: 134 calories; protein 3g; carbohydrates 19g;
dietary fiber 4.2g; sugars 5.3g; fat 5.6g; saturated fat 0.8g;
vitamin a iu 14741IU; vitamin c 27.9mg; folate 99.3mcg;
calcium 103.2mg; iron 2mg; magnesium 57.1mg; potassium
534.1mg; sodium 361mg; thiamin 0.1mg.

Exchanges: 1 1/2 vegetable, 1 fat, 1/2 starch

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