

Zucchini-Sprout Soup with Roasted Garlic – from Sprouts Cookbook

3 large onions, sliced
¼ cup butter
4 cups zucchini, grated on coarse grate
1 potato, peeled and sliced
4 tsp. fresh basil, chopped
2 tsp. fresh oregano, chopped
4 cups vegetable stock or water
1 cup kefir or buttermilk
1 bulb garlic 9 (not one single clove, but a whole bulb of them)
1 Tbsp. virgin olive oil
1 tsp. fresh thyme, chopped
1 ½ cups sunflower sprouts (o r any other type of sprout)
Salt and pepper to taste
Herbamare, to taste
Fresh basil to garnish

Saute onions in butter for 5 min. until tender. Add Zucchini, potato and herbs and cook on low heat for 5 min. Stir in vegetable stock and slowing simmer for 10 min. Add buttermilk or kefir and heat until warmed through.

In the meantime preheat oven to 375 Degrees F. and cut off the top of the garlic bulb, rub with oil and sprinkle with thyme, salt and pepper and roast in the oven for 30 min. or until the tips of the garlic pop out. Remove from the oven and squeeze the soft garlic out of it's skins. Blend Soup, roasted garlic and sprouts of your choice in the blender until smooth. Return to the pot and slowly heat through, garnish with fresh basil and serve.



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