

Parsley Soup

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1. Wash and dry the vegetables, shaving off the parsley leaves from stems, discard stems. Slice the shallot and peel and dice cut the potatoes. Set aside. Quarter the lemons lengthwise, deseed and squeeze onto a small plate, set aside.
2. In a medium pot, heat 2 teaspoons of olive oil. add shallot and stir for 3-4 minutes.
3. Add 2 cups of water and 2 Tablespoons of **Ginger Broth Concentrate** and bring to boil, reduce the heat to low-medium.
4. Add diced potatoes to the pot, cover and cook for 11 to 12 minutes until potatoes get soft. stop heat and leave the pot to cool down at least 10 minutes.
5. Add 1 cup of Italian parsley, 1/2 cup water and the lemon juice into the blender. Blend for 1 minute in the medium speed. Make sure the parsley has been blended nice and smooth. Then transfer the juice to a small bowl. Do not wash the blender yet.
6. Transfer the potatoes and broth mixture from the pot to the blender. Blend in medium speed for 30 seconds, or until potatoes get nice and smooth.
7. Return the potato mixture to the pot to reheat. Cook 3-5 minutes on low-medium heat.
8. Add the parsley blend into the pot, Bring to boil and simmer 1-2 minutes with the low heat. Add 1 Tablespoon of soy milk.
9. Serve on the cup, top with the grated parmesan cheese.