



Fermented Spinach Summer Soup

The Fermented Spinach:

Equipment Needed:

1 litre or 1 quart Mason jar with lid
Measuring spoons and measuring cup
Wooden spoon or rubber/plastic spatula
Cutting board and knife

To Make The Fermented Spinach:

4 cups Spinach
1-2 tbsp onions, chopped
2 thinly –sliced pieces of lemon
3/4-1 tsp sea salt
Spring water
1/4 cup started such as whey* or sauerkraut juice*

Makes sure all equipment is clean and dry. Place the spinach, onions, sea salt and lemon into the Mason jar. Pack it down with the wooden spoon or plastic/rubber spatula. Add 1-2 cups water to cover the vegetables and lemon. Add the whey or sauerkraut juice. Pack it down more and add more water if necessary. Make sure to level of water and vegetables are one inch below the top of the jar. Screw on the lid tightly and let it sit for three days. It is important that you turn the jar upside down to keep everything covered with the liquid as the vegetables and lemon do float to the top. This has mixed results as the spinach tends to float even more to the top. It is permissible to open the jar once on the second day and poke it back down – but only do this once and be sure to screw the lid on tightly again. Once the gas build up inside the jar, you do not have to worry about vegetables that are poking up as gas creates a vacuum inside and bad bacteria cannot grow. The gas builds up inside fairly quickly because of the addition of the whey or sauerkraut juice.

*Sauerkraut juice is the liquid left in the jar after you remove the sauerkraut. If buying store-bought sauerkraut juice be sure, it is unpasteurized as pasteurization kills the good bacteria. Unpasteurized sauerkraut will always be found in a refrigerator case in the store and not on a shelf. To get the whey, drain yogurt through a cloth.



Making The Soup:

Equipment Needed:

Hand blender or blender
Measuring cup and measuring spoons
Peeler and grater
Knife

To Prepare The Soup:

1 jar fermented spinach
1 ripe avocado
2-3 tablespoons grated carrot*
1-2 tbsp fresh herb of choice such as dill, basil or parsley
Sea salt and pepper to taste
Yogurt or kefir for garnish (optional)

Drain some of the liquid out of the jar of fermented spinach into a measuring cup and set aside. If you do not want the lemon rind in your soup, then remove the lemon slices and squeeze the juice into the jar. Otherwise, leave the lemon slices in the jar. Peel the avocado and remove the pit. Add to the jar along with the carrots and herb of choice. Season with a bit of sea salt and pepper (you can adjust this to taste later, if needed). Puree the mixture until smooth. Add back in some of the liquid that was drained from the jar, if needed, to get the consistency you desire. Taste and season with more sea salt and pepper if, needed. Pour the soup into soup bowls and drizzle yogurt or kefir on top. Serve. Soup can also be chilled first and then served.

*The carrots are for sweetness. Dates or raw honey could be used instead. Other vegetables can also work in this recipe like celery, tomatoes or cucumber. For a more sweet and sour taste, add more lemon along with the honey or dates.