

icelandic vegetable and oat soup

SERVES 4-6

RECIPE ADAPTED FROM: SaltandWind.com

COOK TIME: 60-75 minutes

- 3 to 4 tablespoons extra-virgin olive oil
- 1 small yellow onion, finely chopped
- 1 medium leek, trimmed and thinly sliced
- 3 to 4 garlic cloves minced
- 5 to 10 shiitake mushrooms, thinly sliced
- 1 cup maitake mushrooms, sliced or broken up
- 3 to 4 medium carrots, cut into ¼-inch slices
- 2 cups cauliflower florets
- 8 cups bone broth or stock
- ½ cup steel cut oats
- 1 medium dried bay leaf
- 1 cup finely chopped kale (optional)
- Sea salt and fresh ground pepper, to taste

HEAT olive oil in a large, heavy bottom saucepan over medium heat.

ADD onions and leeks and cook 5 to 6 minutes or until the onions are soft and transparent.

ADD garlic, mushrooms, carrots, and cauliflower and cook an additional 2 to 3 minutes.

POUR in broth and add oats and bay leaf.

BRING to a boil, reduce heat to low, cover, and simmer for 40 minutes.

STIR in kale and continue cooking 10 to 15 minutes.

SEASON with a few heavy pinches of sea salt and serve with fresh ground pepper.

