

## **Garlic and Greens Soup**

by Jeane Mane Martin

Serves 4

10 - 12 medium to large garlic cloves, sliced  
¼ cup butter or 2 Tbsp butter and 2 Tbsp unrefined cold-pressed oil  
4 large garlic cloves, pressed  
4 cups water or stock  
4 - 5 green onion tops (green part only), finely chopped  
½ - 1 bunch spinach  
¼ cup tomato juice  
1-2 Tbsp parsley  
1 tsp vegetized sea salt  
½ tsp sea kelp  
3 - 4 Tbsp dark miso

Combine all ingredients except miso and simmer for 20 to 25 minutes. Remove 1 cup of liquid from the soup and stir the miso into it until completely dissolved, and then add the liquid to the soup and stir.

Best if eaten within 3-5 days. Do not freeze.