

Zucchini, Pear, & Cilantro Soup (vegan)

4 Tbsp olive oil

4 medium onions, chopped

4 leeks, chopped

3 garlic cloves, crushed

6 zucchinis (3-4 pounds), chopped

6 fresh or 3 cans pears in juice (not syrup) peeled and chopped

1-1/2 cups rice

12 cups or more vegetable stock + juice from pear cans

1 large bunch cilantro, including stems

3 handfuls of arugula leaves

Salt and pepper to taste – especially pepper

Canned pears make this recipe easy -- do not discard the juice.

This is a blended soup so chopping doesn't need to be perfect!

Heat oil on medium high. Add onion and leeks. Saute 2-3 mins, stirring occasionally. Add garlic. Cook 1-2 mins. Add zucchini, pears, and rice. Stir well.

Add stock. Stir well. Bring to boil then reduce to simmer. Cook 15-20 mins partially covered until rice is cooked.

Add cilantro and arugula. Cook 5 mins.

Puree soup. Add water/stock if needed. Season with salt and pepper to taste.