

## Recipe: Inspiration Soup

### Blue Team

### Agenda

6/10/15

#### Ingredients

- 2 tbs. olive oil
- 24 oz. artichoke hearts
- 4 c. onion - chopped
- 4 large stalks celery – minced
- 4 lbs. mushrooms – sliced
- 8 tbs. salt
- 8 small potatoes – thinly sliced
- 10 medium cloves garlic – minced
- ½ c. basil - minced
- 16 c. water
- 2 lbs. spinach – minced
- 8 tbs. lemon juice
- Black pepper to taste
- 4 c. peas – chopped
- ½ cup parsley - minced

#### Procedure

1. Add olive oil and artichoke hearts to the pot.
2. Add onion and sauté over medium heat for five minutes.
3. Add celery, mushrooms, salt, potatoes, garlic, basil and spinach, and sauté for an additional 10 minutes.
4. Add water and bring mixture to a boil.
5. Stir, cover, and simmer for 15 minutes.
6. Add lemon juice, black pepper, and peas.
7. Garnish with parsley just before serving.