

Lemon Tilapia Soup

-invented in the “what do we have in the ‘frig?” kitchen of Sally Galloway

1 Tbsp organic toasted sesame oil
½ pound organic mushroom blend, soaked and sliced thin (portabella, shiitake, oyster blend)
3 stalks scallions, sliced thin
4 cans organic chicken or vegetable broth
1 teaspoon fresh thyme
1 teaspoon grated lemon peel
1 Tbsp fresh squeezed lemon juice
3 teaspoons sesame oil
2 8-ounce tilapia fillets, fresh or thawed from frozen
Organic Celtic Sea Salt, black pepper, and white pepper to taste
½ pound Swiss chard, ripped into small pieces, stems chopped

Heat toasted sesame oil in a wide skillet over medium-low heat. Add mushroom blend and sliced scallions. Stir occasionally, coating with oil. Sautee several minutes until scallions begin to break down. Transfer to crock pot. Turn crock pot to low.

Add 4 cans broth, thyme, lemon peel, lemon juice, and oil. Stir.

Cut tilapia fillets into ½ inch pieces. Add to crock pot. Fish will cook in the broth. Place lid on crock pot and let cook for 2-3 hours to desired heat.

Add salt and peppers to taste, one at a time. The white pepper is very subtle but does make a difference. Thirty minutes before serving, stir in torn greens and chopped stems.

Heat through. Serve with plain organic Greek yogurt for a piquant and creamy taste.