

Ingredients for Spinach Soup:

6 oz. fresh spinach
1 medium potato peeled, cubed, boiled until fork tender (about 1 - 1 1/2 cups cubed)
1 1/2 - 2 cups low-sodium chicken broth (vegetable if you prefer)
1/3 cup half n' half
1/2 cup chopped carrots (heaping)
1/2 cup chopped onion (heaping)
1/2 cup chopped red bell pepper (heaping)
4 cloves garlic sliced
salt & pepper to taste
pinch red pepper flakes (optional)
1/4 cup super finely grated Parmesan cheese (optional)
light sour cream (optional)

**Directions:**

1. Wash and spin dry spinach.
2. In a large pot saute carrots, onion and bell pepper over medium heat until tender. Season with salt and pepper.
3. Add garlic. Stir and cook a couple minutes.
4. Add about 1/2 cup broth so garlic does not burn.
5. Add potatoes and mash into other ingredients.
6. Add spinach and 1 cup broth.
7. Stir mixture until spinach is cooked about 10 minutes.
8. Add a pinch of crushed red pepper if desired and stir.
9. Ladle mixture into blender and puree until smooth. Puree well. The fresh cooked spinach is very fibrous and if not pureed properly, you will notice "strings" in your soup. You may need to add up to 1/2 cup more broth to puree.
10. Return silky smooth mixture to pot over low heat and stir in half n' half.
11. Use your zester grater to get extra finely shredded Parmesan cheese. Stir in.
12. Serve piping hot with a dollop of sour cream.
13. This recipe serves two entree (2 cup) servings or four first course (1 cup) servings.