

Fresh spinach soup

(using spinach harvested from our garden)

INGREDIENTS

A large bunch of spinach from our garden

3 potatoes

1 onion or 4 spring onions

2 cloves of garlic

1 litre of vegetable stock

200ml of cream

2 Tbsp of veg oil

METHOD

Wash the fresh ingredients.

Remove the stem from the spinach, tear the green leaves into large chunks.

Make the stock as per instructions on the tin.

Cut the potatoes into even sized $\frac{1}{4}$'s (potatoes do not have to be peeled)

Cut the onion into $\frac{1}{4}$'s (if using spring onions you can cut all of the onion into $\frac{1}{4}$'s , only cut the hairy bit off the end and place it in the bin)

Peel and roughly chop the garlic.

Using the large stock pot, add the oil, place on the stove, medium heat.

Add the onion, garlic and potato.

Cook, stirring the whole time using a wooden spoon for 2 minutes.

Add the stock, and spinach.

Bring to the boil and cook on high for 6 minutes.

Remove from the stove, let it cool for 5 minutes.

Blend in batches in food processor until smooth. Add cream, combine. Serve with croutons or crusty bread.