

FRESH SPINACH SOUP

INGREDIENTS

- 1 large bunch of spinach
- 3 large potatoes
- 1 onion
- 2 gloves garlic
- 1 litre vegetable stock
- 200ml cream
- 2 tbsp veg oil

METHOD

1. Wash the fresh ingredients.
2. Remove the stem from the spinach, tear the leaves into large chunks.
3. Make the stock as per instructions on the tin.
4. Cut the potatoes into even sizes.
5. Cut the onion into $\frac{1}{4}$'s.
6. Peel and roughly chop the garlic.
7. Using a large pot, add the oil, place on the stove, medium heat.
8. Add the onion, garlic and potatoes.
9. Cook, stirring with a wooden spoon.
10. Add the stock and spinach.
11. Bring to the boil and cook on high until the potatoes are tender. Remove from stove and blend with a stick mixer. Be very careful as hot liquid.