

CREAMY SPINACH SOUP

MAKES: 8 SERVINGS

INGREDIENTS

- 2 tablespoons olive oil
- 1 large onion, chopped
- 3 stalks celery, chopped
- 3 leeks white part only, trimmed, thoroughly cleaned, sliced
- 8 cups organic low-sodium chicken broth
- 2 pounds baby spinach
- Salt and pepper to taste
- Optional: Freshly ground nutmeg

DIRECTIONS

1. Heat olive oil in a large pot over medium-high heat and saute onions, celery and leeks heat for 5 minutes or until onions are translucent. Add spinach and continue sauting until wilted. Add chicken stock and bring to a boil. Reduce heat, and simmer 15 minutes. Remove from heat and allow soup to cool slightly.
2. Transfer soup to Vitamix and blend until soup is creamy, in batches if necessary. Return to pot and reheat, and season with salt, pepper and nutmeg if desired to taste. Ladle into bowls serve immediately.

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