



Spinach Velvet Soup

Made without dairy products, this soup freezes well.

Hobby farmers have an edge when it comes to eating for cardiac health: Low-cholesterol, nutrient-dense food is as close as our gardens and orchards, nurtured by local weather and local soil. Because this soup has no dairy products, it freezes and reheats well.

Ingredients

1/2 T. olive or canola oil 1 cup yellow onion, diced 3 large or 4 medium cloves garlic, slivered 2 large russet potatoes (about 1 1/2 pounds), peeled and finely diced 2 bay leaves 2 large sprigs fresh thyme 12 tsp. dried tarragon 1/4 tsp. powdered marjoram 1/4 tsp. nutmeg dash cayenne 1 tsp. salt and freshly ground black pepper to taste 4 cups fat-free, reduced-sodium chicken or vegetable broth 2 lbs. fresh spinach, washed and stems removed (optional), or 2, 10-oz packages frozen spinach, thawed sliced almonds for garnish

Preparation

In a heavy-bottomed Dutch oven, heat oil over high heat.

Add onion, garlic, potatoes and all seasonings.

Reduce heat to medium and sauté for five minutes, stirring frequently.

Add broth and approximately two-thirds of the fresh or thawed spinach (set aside the remaining spinach).

Bring to a boil, reduce heat and simmer, covered, for 10 minutes.

Let cool 30 minutes. Remove bay leaves.

Working in batches (or using a stick blender), puree the soup mixture with portions of the reserved fresh or thawed spinach (this will help give the soup a fresh green color).

You can reheat the soup and serve at this point, or refrigerate it and serve later.

Garnish each bowl of soup with a few sliced almonds.

Makes approximately 6 servings.