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## Cream of Spinach Soup

By Eileen Bird, RD

### Ingredients

- 1 cup onion (1 large), chopped
- 2 medium russet potatoes, peeled & chopped
- 3 cups water
- 4 medium cloves garlic, peeled
- 1 lb chopped frozen spinach, thawed in fridge
- 1 ½ cups unsweetened soy milk
- 1 ½ tsp salt

### Instructions

1. In a large pot, combine onion, potatoes, garlic, and water. Bring to a boil over medium high heat, then cover, reduce heat, and simmer until potatoes are tender, 15 minutes.
2. In blender or food processor, puree the vegetables in their cooking water, and return the puree to the cooking pot.
3. Add spinach and continue to simmer about 10 minutes.
4. Turn off the fire and remove pot from heat. Let cool 10 minutes
5. Stir in milk and add salt to taste.

### Bonus Tips

- **Spinach** and all dark green leafy vegetables are good sources of vitamins A, B2, C, E, and K, calcium, magnesium, iron, and lutein.
- **Soy** is a good source of protein and calcium.
- **Potatoes** are good sources of potassium and vitamin B6.

### Check it Out

- Whole foods plant-based
- Gluten-free