



WEIGHT ★ NO ★ MORE DIET CENTERSM



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SPINACH SOUP

Basic Lifestyle

Ingredients

1 TBS peanut oil
1/3 cup finely chopped carrots
1/3 cup finely chopped celery
1/3 cup finely chopped onions
Morton's Lite salt to taste
freshly ground black pepper
1 quart low-sodium chicken broth
6 cups chopped, fresh or frozen spinach leaves

Instructions

1. Heat the peanut oil in a saucepan over low heat. Add the carrots, celery and onion. Season lightly with salt and pepper, and cook for 10 minutes.
2. Add the chicken broth and bring to a boil quickly over high heat.
3. Lower the heat and simmer until the vegetables are completely tender, about 15 minutes.
4. Add the spinach and simmer until just tender, about 5 to 7 minutes.
5. Puree in a blender and strain.
6. Adjust the salt and pepper to taste.

Portion-Per-Serving Information: (Yields 6 servings)

Serving = 1 cup = 1 V