



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

- 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.
- Add the chicken broth and bring to a boil quickly over high heat.
- Lower the heat and simmer until the vegetables are completely tender, about 15 minutes.
- Add the spinach and simmer until just tender, about 5 to 7 minutes.
- Puree in a blender and strain.
- Adjust the salt and pepper to taste.

SERVING INFO: (Yields 4 servings)

1 1/2 cups = 2 V