

Suitable for freezer	Yes
Serves	4
Prep Time	5 mins
Cooking Time	20 mins

## **SPINACH AND POTATO SOUP RECIPE**

### ***Ingredients:***

Spray oil or 1tbs oil

1 roughly cut onion

2 crushed garlic cloves

680g / 1.5lbs potatoes, peeled & chopped into 1/2 inch pieces

115g / .25lbs spinach, washed and tough stems removed

1/4 cup white wine

1pint chicken stock or vegetable stock

### ***Method:***

Heat oil on a medium heat and add onion, garlic and potatoes. Stir and cook for 2 minutes.

Add stock and wine, stir to combine, bring to the boil. Cover with a lid and reduce to a medium heat to cook for 15 minutes until potatoes are tender.

Stir spinach into the soup and cook for around 3 minutes until bright green and wilted.

Remove from heat and blend (I use a hand held blender).

Season with salt and pepper and serve.

