

# Thick Spinach Soup - Family Size

## Recommendations:

- Use home-grown and organic ingredients as far as possible.
- It is a good idea to serve a small bread roll, some croutons or, crostini as an accompaniment to the soup. It encourages choice and therefore promotes independence.
- We should be eating at least 5 portions of fruit and vegetables every day. Fruits and vegetables are an excellent form of fibre with lots of vitamins and minerals. They should be part of our "balanced" diet to ensure they make up one third of the food we eat each day.



## **Ingredients**

- 1 large onion, finely chopped
- 1 large leeks, washed and chopped
- 200g fresh or frozen spinach
- 2 large carrots, washed and chopped
- 1 vegetable stock cube
- 1-2 tablespoons of olive or sunflower oil
- 1 kg potatoes, peeled and chopped
- 1-2 cloves of garlic, finely chopped

## **Instructions**

Heat the oil in a large heavy based saucepan.

Add the garlic, onion, and leeks, cook gently for a few minutes until softened.

Add the potatoes and carrots.

Add enough boiling water so that the vegetables are just covered. Crumble in the stock cube or alternatively season lightly.

Cook for approximately 40 minutes until the potatoes are soft and cooked. Plunge in the spinach and cook for 2 – 3 extra minutes. Allow to cool a little and then blend until smooth.

Serve with a freshly made bread roll, croutons or crostini.

### **For croutons**

Cut some slices of bread into small triangles or squares. Place in the oven for 30-40 minutes or grill lightly. Alternatively brush some slices of bread with a little olive oil, cut into small triangles and place in a medium oven for 30 minutes. Cool and serve. Serve from frozen if the soup is hot as they will help to cool it down.

### **For crostini soldiers**

Both croutons and crostini soldiers can be made several hours in advance or even frozen in an airtight container (although care needs to be taken with the soldiers or they become brittle and break).

## **Quick Glance Ingredients Key**

### **Suitable for:**



Wheat and Gluten free diet.

Leave out the croutons or crustini



Dairy free diet.



Nut free diet



Egg free diet



Vegetarians