

SPINACH SOUP

Source: Lee Bailey's Soup Meals

INGREDIENTS:

3 lbs fresh spinach, large stems removed & leaves carefully washed
1/4 C (1/2 stick) unsalted butter
1 1/2 C onion, finely chopped
2 C rich chicken stock
2 C low-fat milk
Salt & pepper, to taste
Dash grated nutmeg (optional)
6 thin lemon slices (rounds) + chopped fresh chives, for garnish

DIRECTIONS:

Place spinach in large pot with just the water clinging to leaves - cover/cook over high heat till wilted & tender. Meanwhile, melt butter in large skillet & sauté onions till golden. Drain spinach, reserving liquid - place spinach in food processor along with onions - Purée till smooth - combine puréed spinach-onion mixture with stock, spinach pan juice & milk. Slowly bring to simmer - add salt & pepper to taste + dash of nutmeg, if desired. Float a thin round of lemon atop each serving & sprinkle with chopped chives.

Serves 6