

Creamless Spinach Soup



2 tsp olive oil
1 tsp garlic, chopped
1 cup medium diced onion
1 cup medium diced carrots
1 cup medium diced celery
1 cup medium diced leek
6 cups water
2 bay leaves
sprig of thyme
2 lbs chopped spinach

- Heat olive oil in a medium stock pot and sauté garlic for two minutes.
- Add onion, celery, leeks, and carrots to pot.
- Saute until onions are transparent.
- Add water, bay leaves, and thyme to stock pot.
- Bring to a boil and reduce to simmer for one hour.
- Allow to set for one hour to cool.
- Remove bay leaves and thyme.
- Puree vegetables and broth in a blender.
- Pour puree back into stock pot and add spinach.
- Bring to medium heat and cook until spinach wilts.

Serve hot.