

Cream of Spinach Soup

From – *Moosewood Low-Fat Favorites*

2 ½ cups chopped onion
1 clove garlic – minced
3 cups diced potatoes
1 celeriac – diced
3 cups water
10 oz fresh spinach – tough stems removed
¼ tsp nutmeg
2 Tbsp chopped fresh basil or 1 tsp dried
½ tsp fresh thyme or ¼ tsp dried
2 cups buttermilk
salt to taste

- In a soup pot combine the onions, garlic, potatoes, celeriac and water.
- Bring to a boil, then cover, lower the heat, and simmer for 20 minutes.
- Add the spinach, nutmeg, basil and thyme, and simmer 5 minutes.
- Puree with the buttermilk in a food processor or with an immersion blender.
- Add salt to taste and reheat gently.



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