

Creamy Spinach Soup FOK

Swick

Serves 4 | Active Time: 15 minutes | Total Time: 1 hour

Step 1: Preparing the Soup

- 1/4 cup raw cashews
- 2 cups low-sodium vegetable stock
- 1 med russet potato, scrubbed clean and cut into large dice
- 2 cups leeks, white and light green parts, chopped
- 3 cloves garlic, minced
- 1/4 tsp dried thyme
- 3 or 4 bay leaves
- 1 bunch/12 oz (350 g) spinach, washed and stems trimmed
- 2 tbsp fresh lemon juice
- 1/4 tsp freshly ground black pepper
- sea salt, to taste

Place the cashews in a small bowl and cover with 1 cup water. Set aside to soak for 30-60 minutes to soften. Strain the cashews and transfer the cashews and 1 cup water to a blender and puree until smooth and creamy; this may take several minutes. Set aside.

In a soup pot, combine the stock, potato, leeks, garlic, thyme, and bay leaves and bring to a boil over high heat. Reduce the heat to low-medium heat, cover the pot, and simmer until the potato is very tender, about 15 minutes.

Add the spinach and 1 more cup of water or vegetable stock. Cover and cook over low heat until the spinach leaves have wilted, about 5 minutes.

Remove and discard the bay leaves. Carefully transfer the soup to a blender or food processor, working in batches if necessary (do not overfill the blender), and puree until smooth. (Alternatively, use an immersion blender to puree the soup in the pot until smooth.)

Pour the soup back into the pot. Whisk in the cashew cream, lemon juice, pepper, and salt to taste and bring to a simmer. Taste and adjust the seasoning. Serve hot.