

Tames' Cream of Spinach Soup
(A microwave recipe)

Ingredients

2 Tbs. butter
1 medium onion, chopped
2 small-medium potatoes, diced (about 1 Cup)
1¼ Cup chicken broth
¾ pound or 1 large package spinach leaves
½ Cup Half and Half or milk
1 Tbs. corn starch dissolved in 2 Tbs. cold water
1 tsp. salt
¼ tsp. black pepper
Ground nutmeg to taste

Utensils

Knife & cutting board
3 Qt. Microwave safe bowl
Plastic wrap
Measuring cup
Measuring spoons
Spoon
Small bowl
Fork
Blender or food processor
Plastic spatula

Peel and chop the onion. Dice the potatoes. Wash and tear the spinach leaves (if using fresh spinach). Dissolve the corn starch in a small bowl using a fork to make the mixture smooth. The dish can be prepared up to this point in advance. Place in the microwave-safe bowl the butter, onion, potatoes, and ¼ cup of the broth. Cover with plastic wrap. Cook on high (100% power) for 8 minutes, stirring twice.

Add the spinach. Cover with plastic wrap. Cook on high for 5 minutes. In the food processor with knife blade attached, or in a blender, process spinach mixture until smooth. Return to bowl.

Add remaining broth, Half and Half or milk, dissolved corn starch, and seasonings. Stir until smooth. Cook on high for 5 minutes, stirring once. Serve hot or refrigerator to serve chilled later. Soup can be garnished with plain yogurt.