



## **Italian Spinach Soup**

*Great flavor, vibrant green color, and a healthy choice*

- 2 Tablespoons liquid coconut oil or olive oil
- 2 large onions, peeled, halved, sliced
- Salt; ground black pepper to taste
- 1 teaspoon Italian seasoning
- 1/2 teaspoon dried basil
- 1/4 teaspoon red pepper flakes
- 3 garlic cloves, peeled, minced
- 1/2 cup white wine
- 5 cups leek broth or vegetable broth
- 4 ounces Italian seasoned bread or rolls, cut in chunks
- 1/2 cup heavy coconut cream
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 cup roasted red peppers, chopped

5 ounces fresh baby spinach, sliced, coarsely chopped

**Garnish:** As desired sliced almonds, small garlic croutons, shaved or shredded Parmesan cheese

**Caramelize Onions:** Place oil in large soup pot; add onions; lightly sprinkle with salt and black pepper; partially cover; cook for about 20 to 25 minutes on medium to medium/low heat to caramelize onions; stirring occasionally.

**Thicken Soup:** Add Italian seasoning, dried basil, red pepper flakes, and minced garlic; cook for about 1 minute to start smelling the seasoning. Deglaze the pot with white wine. Add broth; cook until hot. Stir in bread chunks; cook on medium heat about 10 minutes to soften the bread. Stir in coconut cream.

**Add Ingredients:** Turn heat off. With a hand immersion blender, puree soup to a creamy thick consistency. Season with salt and black pepper. If soup is too thick, add more broth. Stir in chopped red peppers, and spinach. Return to heat. Cook until soup is hot, and spinach just begins to soften. Serve soup hot.

**To Serve:** Garnish as desired with sliced almonds, small garlic croutons, and shredded or shaved Parmesan cheese.

Serves: about 6 servings

**About the Recipe:** Year round spinach is a popular ingredient used in cooking. The spring season, however, provides an extra incentive with spinach's young tender leaves and savory sweet flavor to add it to recipes. This soup combines caramelized onion-flavored broth with Italian seasoning, swirling with roasted red peppers and plenty of Popeye's favorite veggie, spinach. Add a crunchy garnish of croutons, almonds, and shaved Parmesan cheese. It's a vegetarian dish that is hearty enough to serve for dinner with crunchy slices of Artisan bread.