

# Cream of Spinach Soup

Printed from Spinach Recipes at <http://www.spinachrecipes.co.uk/>

*This creamy, velvety soup is great for a starter but also for a filling lunch. Sprinkle with some croutons and a little Parmesan cheese for extra flavour.*

## Ingredients:

500g spinach leaves  
500ml chicken stock  
1 garlic clove, minced  
1 small onion  
50g butter  
50g flour  
250ml double cream  
250ml milk  
Salt and pepper

## Directions:

1. Finely chop the onion and roughly chop the spinach. Put into a saucepan with the chicken stock and garlic clove. Bring to the boil then reduce to a simmer and cook until the spinach is tender, around 5 minutes.
2. Melt the butter in a saucepan and add the flour. Stirring all the while, cook for 3-4 minutes. Gradually add the milk, stirring constantly until fully combined and very smooth, then add the cream and bring to a simmer.
3. Pour the cream mixture into the spinach mixture and simmer for 10 minutes. Put into a blender and then blitz until smooth. If you like, pass it through a blender to make it even smoother. Season well with salt and pepper.

*Author: Laura Young*