

Gluten-Free Cooking With Tanya Cookbook

KFP Zucchini Soup With Spinach SNEAK PEAK!

ZUCCHINI SOUP WITH SPINACH

Spinach is not only delicious but super healthy. It contains vitamins A, K1, and C as well as fiber, protein, folic acid, iron, calcium, and so much more!

INGREDIENTS

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| 1 large onion or 2 small onions, diced | Salt, to taste |
| 2 cloves garlic, minced | 6 ounces fresh baby spinach |
| 3 pounds zucchini, peeled and sliced | Cooking spray |
| Water to cover | |

DIRECTIONS

- 1 In a large pot, heat oil then add onions and sauté over a medium flame until translucent, about 5 minutes.
- 2 Add minced garlic and sauté for about 30 seconds.
- 3 Add sliced zucchini, salt and water to cover. Cover with a lid and bring to a boil.
- 4 Reduce heat to medium/low flame and cook for half an hour until vegetables are soft.
- 5 Remove from flame. Use an immersion blender to puree.
- 6 Add spinach to pot and return to flame. Cover with lid and cook just until spinach is wilted.



WHAT YOU'LL NEED

Large pot
Immersion blender



YIELD

6 servings



COUNT EACH SERVING AS

Free

