



Lucky Leprechaun Spinach Soup*

prep time:
20 minutes

cook time:
27 minutes

makes 6 servings

grocery list

Enova Oil

large onion
elephant garlic
celery
baby spinach leaves
chicken stock or broth
cornstarch
whole milk

Morton & Bassett Ground Nutmeg

La Baleine Sea Salt

Morton & Bassett Ground White Pepper

fresh flat-leaf parsley

*Exclusive Chef Faith Alahverdian recipe.

lucky leprechaun spinach soup

3 tbsp. **Enova Oil**

1 large onion, finely chopped

1 large clove elephant garlic, sliced

1 rib celery, diced

3 cups baby spinach leaves

4 cups chicken stock or broth

2 tbsp. cornstarch mixed with 3 tbsp. water

1 ½ cups whole milk

¼ tsp. **Morton & Bassett Ground Nutmeg**

La Baleine Sea Salt

Morton & Bassett Ground White Pepper

Chopped fresh flat-leaf parsley

1. Heat oil in large soup pot over medium heat 1 minute. Add onion, garlic and celery; cook and stir 5 minutes until soft. Add spinach; wilt, stirring constantly, about 2 to 3 minutes.
2. Stir in stock and simmer 10 minutes. Purée using an immersion blender. Stir in cornstarch mixture and bring to low simmer. Cook, stirring constantly, 8 minutes.
3. Stir in milk, nutmeg, sea salt and white pepper to taste. Bring to low simmer. Serve, garnished with parsley.

Per Serving: 180 calories, 14g carbohydrate, 6g protein, 11g fat, 2g saturated fat, 1g fiber, 11mg cholesterol, 279mg sodium

cook's journal

kitchen tools

measuring spoons

cutting board

chef's knife

liquid measuring cup

large soup pot

heatproof silicone spoon or spatula

immersion blender

recipe note

Elephant garlic is actually more closely related to the leek. Although larger in comparison to other garlic, it is milder in flavor.

a good idea

This soup is a delicious way to get more vegetables into your meal and diet.