
Spinach Soup III

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 6

1 pound fresh spinach
1 cup water
2 tablespoons grated onion
2 cups chicken consomme'
1 tablespoon lemon juice
1 cup sour cream

Steam the spinach in water until it is just wilted. Add the onion. Place the mixture in a blender. Blend until smooth.

Add the consomme', lemon juice and sour cream.

Serve either hot or cold with cornbread sticks.

Soups, Chili, Stew

Per Serving (excluding unknown items): 101 Calories; 8g Fat (69.5% calories from fat); 3g Protein; 5g Carbohydrate; 2g Dietary Fiber; 17mg Cholesterol; 82mg Sodium. Exchanges: 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat.