

Spinach Soup with Rosemary Croutons

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Palm Beach Post

Preparation Time: 30 minutes

Start to Finish Time: 1 hour

This recipe produces six appetizer servings of one cup each.

FOR THE CROUTONS

2 cups country-style sourdough bread, cut into 1/2-inch cubes

2 tablespoons extra-virgin olive oil

1 clove garlic, minced

1 tablespoon finely chopped fresh rosemary OR 1 teaspoon dried

FOR THE SOUP

1 tablespoon butter

1 medium onion, coarsely chopped

1 clove garlic

1 tablespoon finely chopped fresh rosemary OR 1 teaspoon dried

1/4 teaspoon salt

freshly ground pepper (to taste)

2 cups red potatoes, peeled and diced

4 cups reduced-sodium chicken broth, vegetable broth or water

6 cups fresh spinach OR chard leaves, tough stems removed

freshly grated nutmeg (for garnish)

To prepare the croutons: Preheat the oven to 375 degrees.

In a large bowl, toss the bread cubes, oil, garlic and rosemary until well combined.

Spread in a single layer on a large baking sheet. Bake until golden and crisp, 12 to 15 minutes.

To prepare the soup: In a large saucepan over medium heat, melt the butter. Add the onion, garlic, rosemary, salt and pepper. Reduce the heat to medium-low and cook, stirring occasionally, for 5 minutes.

Stir in the potatoes and cook, stirring occasionally, for 3 minutes. Pour in the broth (or water).

Bring to a simmer over medium heat and cook until the potatoes are soft, about 15 minutes.

Stir in the spinach (or chard) and continue to simmer until the greens are tender, about 10 minutes more.

Puree' the soup with an immersion blender or regular blender (in batches), leaving it a little chunky if desired. (Use caution when puree'ing hot liquids.)

Serve the soup garnished with nutmeg, if desired, and topped with the croutons.

Per Serving (excluding unknown items): 628 Calories; 39g Fat (54.4% calories from fat); 8g Protein; 65g Carbohydrate; 7g Dietary Fiber; 31mg Cholesterol; 672mg Sodium. Exchanges: 3 1/2 Grain(Starch); 2 Vegetable; 7 1/2 Fat.