

# Velvety Spinach Soup

Recipe via BlendTec (a blender brand)

This vegan soup is a simple way to add vegetables to your diet.



## INGREDIENTS

- 1/2 tsp olive oil
- 1 tbsp onion, chopped
- 4 cups fresh spinach (120 grams)
- 1 cup vegetable broth
- 1/2 cup cooked great northern beans
- 1/8 tsp black pepper, ground
- 1/8 tsp curry powder



## DIRECTIONS

1. Heat oil in medium saucepan; add onion and sauté until tender.
2. Add spinach, cover pan with lid, and cook until spinach is wilted.
3. Add all ingredients to blender jar and secure lid.
4. Select "Soup" or "Hot" or "90" cycle (might need to run the cycle twice for desired heat) or blend on High for 90-180 seconds.

## NUTRITION

Servings 2.0 Serving Size 9 fl oz

Sodium 514 mg  
Carbohydrates 13.5 g  
Calories 86  
Fiber 4.5 g  
Fat 1.5 g  
Sugar 2 g  
Saturated Fat 0 g  
Protein 5 g  
Cholesterol 0 mg