

SPINACH ARTICHOKE SOUP

INGREDIENTS

- 9 oz fresh organic spinach
- 15 oz artichoke in water with or without stems (maintain liquid)
- 6 cloves garlic, minced
- 1 medium onion, finely chopped
- 1 T nutritional yeast flakes
- 2½ c vegetable broth
- 1 t fresh thyme leaves
- 1 T non-GMO cornstarch
- ¼ c water
- unbleached sea salt to taste



DIRECTIONS

- In a large bottom pan, add ¼ c vegetable broth to the pan and saute onions and garlic until fragrant about 1-2 minutes. Add more broth if necessary. Then add the remainder of broth to the pan with artichoke and seasonings including thyme and bring to a boil. Reduce heat and simmer about 10 minutes. Stir in spinach and simmer for 5 minutes. Garnish with fresh thyme.