

Friday Fixin's - Spinach Vegetable Soup

Another motivating vegetable recipe is here to save the day! If you are having problems finding flavorful recipes with large portions of veggies, look no further. This soup is certain to satisfy your hunger, while thawing you out and helping you stick to those veggie-related resolutions for 2011.

Spinach Vegetable Soup

Ingredients

1 small onion, chopped
1 celery rib, chopped
1 tablespoon butter
2 cans (14½ ounces each) reduced-sodium chicken broth or vegetable broth
1½ cups diced peeled potatoes
1 small turnip, peeled and chopped
1 cup chopped carrots
½ cup chopped green pepper
1 teaspoon garlic powder
1 teaspoon each dried thyme, basil and rosemary, crushed
1 teaspoon rubbed sage
½ teaspoon salt
¼ teaspoon pepper
2 packages (10 ounces each) frozen chopped spinach, thawed and well drained
1 can (14¾ ounces) cream style corn
Dash to ½ teaspoon cayenne pepper



Directions

1. In a large saucepan, sauté onion and celery in butter until tender. Add the broth, potatoes, turnip, carrots, green pepper and seasonings. Bring to a boil. Reduce heat, then cover and simmer for 15-20 minutes or until vegetables are tender.
2. Stir in the spinach and corn, and allow to cool slightly. Puree one-half of the soup in a blender, then return to the pan. Add cayenne and heat through.

For a special treat serve the soup topped with chopped pecans. Pecans provide protein and fiber, and taste great. The Missouri Northern Pecan Growers are an [AgriMissouri](#) member that sells high-quality, Missouri-grown pecans [online](#).