

K's Kitchen: Turning spinach into soup

By Kathryn Reed

A creamy soup without any cream. Already it's healthier than so many others.

I'm not sure I have had a spinach soup before, but in keeping with the spinach kick I've been on this year, I figured this would be a new way to ingest this leafy vegetable.

The curry-oil drizzle as well as the mint leaves gives the soup an added punch. It's still good without the "extras" – which is how I had it as leftovers – but there did seem like something was missing. Plus, the drizzle and mint leaves add to the presentation – always important when being served to guests.

The other great thing about this recipe is that it is easy and relatively quick to fix. It's also not too heavy. It seems like so many winter soups leave you stuffed. Not this one. It left me satisfied – and wondering why I had never had spinach soup before.



Creamy Spinach Chickpea Soup

4½ T canola oil, divided

2 medium shallots, diced

1 T garlic, minced
2 T ginger, minced
2 15-ounce cans chickpeas, drained
5 C vegetable broth
1 tsp kosher salt
6 C packed spinach leaves
1 $\frac{1}{4}$ tsp curry powder
1 $\frac{1}{2}$ T lime juice
2 T small mint leaves

Heat 3 tablespoons of oil in medium pot over medium heat, add shallots. Cook until softened and translucent.

Add garlic and ginger, stirring for 1-2 minutes.

Add chickpeas, broth and salt. Bring to boil. Reduce to simmer and cook until flavors are blended and chickpeas are soft – about 25 minutes.

Add spinach. Cook until partially wilted. Let cool 5 minutes.

Heat remaining oil in small frying pan over medium-low heat. Stir in curry powder and cook until aromatic. Remove from heat.

Use emulsion blender or regular blender to cream soup. Pour into individual bowls.

Just before serving, stir lime juice into curry oil, then drizzle onto soup bowls. Garnish with mint.