



201 South Alvarado St. Suite 618
Los Angeles, CA 90057-2386
Phone: (213) 483-7766
help@aboutheartcare.com
www.aboutheartcare.com

Creamed Spinach Soup

Serves 4

1/2 c	chopped onion
1 (10-oz.)	package cleaned spinach leaves
4 cups	nonfat chicken broth
2	flour
1 c	nonfat sour cream
2 T	cumin
	chopped cilantro
	lemon peel strips
	nonstick cooking spray

Spray saucepan lightly with nonstick cooking spray. Add onion and sauté over medium-low heat until tender, 3 to 4 minutes. Stir in spinach leaves and cook, stirring, until leaves are wilted, 3 to 4 minutes. Stir in chicken broth and bring to boil. Reduce heat and simmer until leaves are tender, about 5 minutes.

Puree soup with immersion blender or pour into blender and puree until smooth. Return soup to pot if removed to blender.

Stir flour into sour cream until smooth. Stir cream mixture and cumin into soup. Bring to boil. Reduce heat and simmer over low heat until soup is thickened and flavors are blended, about 5 minutes.

Sprinkle chopped cilantro over top. Garnish with lemon peel.

Nutrient Facts *Based on a single serving.*

Calories	108 calories
Sodium	264mg
Cholesterol	0mg
Total Fat	0gm
Carbohydrates	14gm
Protein	14mg
Fiber	.84gm