Spinach and Potato Soup

Difficulty: Easy

Fresh from the garden: Spinach, onion, garlic, potato

Recipe source: www.weightwatchers.com.au

Equipment:
- Large saucepan
- Knives
- Peeler
- Scales

Ingredients:
- Olive oil
- 1 brown onion, chopped
- 2 garlic cloves, crushed
- 250 grams potatoes, peeled and diced
- 3 teaspoons stock powder dissolved in 3 ½ cups of hot water
- Spinach or silver beet, washed and stems trimmed
- 150 ml milk
- ½ cup cream
- Diced bacon

What to do:

Put a splash of olive oil in the saucepan. Add the onion and garlic and gently fry for 2-3 minutes.

Add the potatoes and stock. Bring to the boil. Reduce the heat to low and simmer for 15 minutes or until potatoes are tender.

In a frypan, fry diced bacon until crispy. Drain on a paper towel and put aside.

Meanwhile wash the spinach, remove the stalks and roughly chop.

Add the spinach. Cook for a further few minutes. Set aside for 5 minutes to cool slightly.

Use a stick blender and blend until smooth. Add the milk. Season to taste with salt and pepper and swirl through the cream. Serve into individual bowls, garnish with crispy bacon pieces.