

## Spinach Soup

- 1 Tbsp olive oil
- 1 medium to large onion, minced
- 2 cloves garlic, minced or pressed
- 1 10-ounce package frozen, chopped spinach, thawed\*
- 1 10-ounce package fresh spinach, washed and chopped\*
- 1 tsp garlic powder
- 1 tsp cumin
- ½ tsp black pepper
- ½ tsp cayenne, or to taste
- ½ tsp curry (optional)
- salt to taste (optional)
- 4 cups stock or broth
- 8 ounces cooked crab meat (optional)

1. In a large saucepan, heat oil over medium heat. Cook onion for four minutes; add garlic and cook for 30 seconds.
2. Add fresh spinach, cook just until wilted. Add frozen spinach and all remaining spices; cook mixture for another three minutes.
3. Add stock. Bring mixture to a boil. Reduce heat and simmer, partially covered, for 15 minutes.
4. If desired, coarsely puree half or all the soup (after cooling) in a blender or food processor.
5. Add crab to soup and heat through.

**Makes four servings**

\*You can also use instead double the amount of either the frozen OR the fresh spinach.