

# Cream of Spinach & Watercress Soup

Swick

Serves 1 | Active Time: 45 minutes | Total Time: 45 minutes

## Step 1: Preparing Your Mise en Place

- 3/4 cup onions
- 2 cloves garlic
- 1 cup watercress
- 24 oz fresh spinach
- 4 tbsp oil or butter\*
- 4 tbsp all-purpose flour
- 4 cups liquid\*\*

To prepare your mise en place, finely dice the onions and mince the garlic. Wash, dry and measure out the watercress.

Blanch the spinach for about 10 to 15 seconds and chill in an ice bath. Drain and squeeze out the excess moisture. Measure out 3 to 4 cups. Set aside.

Measure out the oil, flour and liquid. Set aside.

\*Note: The fat can be either oil, butter or non-dairy butter.

\*\*Note: The liquid can be vegetable stock, milk or even non-dairy milk.

## Step 2: Making and Serving the Soup

- sea salt (to taste)
- freshly ground black pepper (to taste)
- 1/2 cup cream (optional)\*

To make the soup, melt the butter in a medium-sized pot over medium-low heat. Add the onions and garlic along with a pinch of salt. Gently sweat until the onions are translucent, about 10 minutes.

Next, sauté with the flour and stir to combine. Temper in the milk a bit at a time. Turn the heat up to medium and bring the soup to a simmer. Stir often to make sure the bottom does not scorch. Simmer for approximately 5 to 10 minutes to cook off any starchy flavor.

Add the spinach and watercress along with a good pinch of salt. Simmer for about 3 minutes.

Transfer the soup to a blender and blend until smooth. You may need to do this in batches. Return the soup to a clean pot and bring just to a simmer. Season to taste with salt and pepper and temper in the cream, if using.

\*Note: For plant-based, either omit the cream or use a non-dairy substitute. Alternatively, you could add a bit of Cashew Sour Cream to finish.

Serve in warmed bowls.