



This is a very healthy soup that although I call "cream" requires no dairy. I blend it and it turns creamy thus the name! You will need:

1 large skinless, boneless chicken breast

1 medium yellow onion, peeled and quartered

2 garlic cloves, smashed

1 large carrot, peeled and quartered

1 large potato, peeled and quartered

4 cups spinach leaves

8 cups water

Salt & Pepper

Place all of the ingredients, except for the spinach, salt and pepper, into a large pot. Add the water and simmer for 30 minutes, until the chicken is cooked through. Add the spinach and simmer for an extra 10 minutes. Remove the chicken from the pot and cut it into pieces. Season with salt and pepper. Remove the soup from the heat. Cool down a bit and blend in batches, being very careful not to burn yourself or let the blender overflow. If you have a immersible blender use it instead. Return the soup to the heat. Heat through and serve topped with croutons or home made French fries. Enjoy!

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