

Cream of Green Soup

Source: Holly Fairfield

Serves 6-8 people

Saute in 1/4 c olive oil:

1 cup chopped celery

1/2 cup ch onion

sprinkled with 1/4 t salt, 1/4 t pepper

until soft

Add:

4 cup chicken broth

1/3 cup uncooked rice or 3-4 medium potatoes, skinned and diced

2 c chopped frozen broccoli

simmer until rice is very tender

Add:

1/2 c frozen peas

1 1/2 c frozen spinach (I usually let these two vegs. sit out and thaw a bit while the above is cooking)

pinch nutmeg

Cook until peas are just tender

Puree well and add 2 c whole milk.