

# Judi's Recipe Club



## White Bean and Potato Soup With Spinach

This is a great way to get those dark green leafy veggies and some decent protein in to your day.

### Cooking Instructions

Blend cashews with 1/2 cup water until smooth. If your blender is not a Blendtec or Vitamix you may wish to soak them for a few hours first. Add the blended cashews to a large soup pot.

Peel and cut the potatoes into pieces and boil in a separate pot until they are very soft. Add them to the soup pot.

Chop the onions and garlic and saute them in water until cooked. Add them to the soup pot.

Add all other ingredients to the soup pot and cook on medium heat until it starts to bubble, the cashew cream will thicken up a little. Remove from heat. (This should only take 10 minutes or so)  
Add chopped spinach and stir it in.

Enjoy!

**Makes 6 servings**

### Our Notes

We made a double batch in order to have leftovers to freeze for future meals.

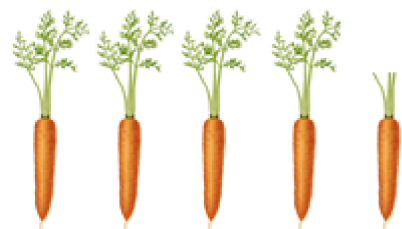
**Original Recipe:**

Submitted by club member Amy Quinlan

### Ingredients

3 Potatoes, medium  
2 Cups white beans, low sodium  
32oz Veggie broth, no sodium  
5 Cups spinach, chopped  
1 Onion, medium  
4 Garlic cloves  
1/2 cup cashews  
2 tsp Basil, dried  
1/2 tsp Smoked paprika  
Pinch of crushed red chili  
pepper to taste

### Our Rating ...



**21 day  
FIX** Container Count

**Divided into 6 servings**  
**Each serving contains:**

1 Yellow container  
1 Green container  
1/2 Blue container

**For vegans:**

1/2 Yellow container  
1/2/Red container  
1/2 Blue container  
1 Green container