



Spinach Soup

(serves 4-6)

1 pound fresh spinach, or 20 oz frozen, chopped spinach
3 tablespoons butter
2 tablespoons flour
1 garlic clove, mashed
6 to 7 cups hot chicken broth
3 tablespoons of fine yellow cornmeal
freshly ground pepper

- Trim & wash the spinach. Drain.
- With the water still clinging to the leaves, place the spinach in a large saucepan.
- Cook covered over high heat for 3 - 4 minutes, drain well.
- Chop the spinach finely. (use food processor)
- Heat the butter in a large saucepan. Stir in the flour and garlic. Stir and cook for 2 minutes. Don't let the butter or the garlic burn.
- Add spinach and 1 cup of broth.
- Simmer covered over low heat for 5 minutes, stirring occasionally.
- Then stir in the remaining broth and simmer covered for 10 minutes.
- Slowly stir in the cornmeal, taking care not to make any lumps.
- Cook, stirring frequently, for 5 more minutes. Add pepper.

A favorite of Dolce Zitella

