

Peppered Watercress and Spinach Soup

Serves 4

Ingredients

25g (1oz) low fat margarine
1 onion, chopped
1 large potato, peeled and diced
850ml (1¹/₂pt) vegetable stock.
1 bunch of spinach leaves trimmed and chopped.

Method

1. Melt margarine in a large pan and fry onion for 15 mins until soft.
2. Add potato and stock; simmer for 10-15 mins until the potato is soft.
3. Add spinach and simmer for 2-3 mins until leaves are wilted.
4. Cool slightly then puree (in batches) in a food processor or blender.
5. Return to the pan and season with salt and black pepper. Heat through gently before serving.