**Spinach Vegetable Soup**



**Freezer Package Ingredients:**

1 small onion, chopped

1 medium sweet potato, peeled and chopped

4 oz fresh baby spinach,(Can substitute Kale or Swiss Chard)

2 stalks celery, chopped

2 carrots, chopped

1 clove garlic, peeled, smashed/chopped

Other Ingredients:

1 T olive oil

4 c meat or vegetable broth (pre-made, or bought organic)

Sauté vegetables in oil for 5 minutes, a bit longer if frozen. Do not brown. Add broth and bring to a boil. Cook for ~ 10 minutes. Reduce heat. Season soup with salt and pepper to taste. Serves 2-4