

# Spinach and Potato Soup

**Country of origin: England**<sup>1</sup> Easy, all the year round soup. Developed from an original by **WDM (World Development Movement)**<sup>2</sup>.

## Ingredients

500 g fresh or frozen spinach  
1 medium onion  
3 medium potatoes  
2 cloves garlic  
750 ml stock<sup>3</sup>  
250 ml semi skimmed milk  
3 leaves fresh sage  
half small cabbage  
250 g frozen peas  
to taste **FAIRTRADE** ground black pepper

## Method

### Preparation

Skin and chop the onions and garlic, peel and wash the potatoes. Chop the potatoes into small (1 cm) pieces.

Discard any dry outer leaves and finely chop the cabbage.

Chop the sage finely, discarding any stringy parts.

Defrost the peas by covering them with boiling water, and defrost the spinach by warming through in a little water in a small pan.

### Cooking

Using just enough sunflower or olive oil to prevent sticking, gently fry the the potatoes, onion and

garlic for 10 minutes or so. Then add the stock and the milk and season with salt and pepper.

Bring to the boil, cover and simmer until the potatoes are cooked.

Drain the peas and add the peas and cabbage to the pot. Bring back to the boil and simmer for 5 minutes.

Liquidise the vegetables in a blender, and return the thicker material to the pot. Stir thoroughly.

This is a good point to check seasoning, add more salt and pepper if needed, and maybe a dash of lemon juice.

Add the simmered spinach and mix well.

### To serve

Serve in bowls with bread rolls.

### Variation

Fresh spinach needs to be prepared by cutting out the centre veins and any diseased parts, and then slicing the leaves finely. Use lots of leaves as it compacts down under heat. To cook from fresh, add the leaves to 1 cm of boiling water in a pan. Simmer for 5 minutes before adding to the soup.

<sup>1</sup><http://www.fairtradecookbook.org.uk/countries/england.htm>

<sup>2</sup><http://www.wdm.org.uk>

<sup>3</sup><http://www.fairtradecookbook.org.uk/recipes/stock.htm>