

Creamy Spinach and Tarragon Soup

Here's a fresh perspective on what it takes to make a cream of spinach soup. This recipe is from *Farmer John's Cookbook: The Real Dirt on Vegetables* by Farmer John Peterson and Angelic Organics. Serves 2.

2 tbsp.	chopped almonds (or other nuts)
1	apple, peeled, cored, and cut into chunks
1 cup	water
2 cups	spinach, coarsely chopped (3/4 lbs.)
1 tbsp.	fresh tarragon, chopped
1 ripe	avocado, peeled, pit removed, quartered
1 1/2 tsp.	lemon juice, freshly squeezed
1 tbsp.	almond or olive oil
1/2 tsp.	salt, to taste

1. Toast almonds in heavy, dry skillet (preferably cast iron) over medium-high heat, stirring constantly until they are lightly browned and begin to smell toasty (be careful not to overtoast them, as they will burn very quickly once they are toasted). Transfer nuts to a dish to cool.
2. Put apple chunks and water in blender and puree. Add spinach and tarragon, pulse the blender a few times to partially blend in the leaves. Add avocado pieces, lemon juice, oil, and 1/2 tsp. salt. Blend ingredients until smooth, thinning with more water if necessary (add 1 tbsp. at a time). Add more salt to taste if desired.
3. Pour soup into two bowls, top with toasted almonds, and garnish each with a fresh tarragon sprig if desired.

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Shopping List

Creamy Spinach and Tarragon Soup

<u>Ingredients</u>	<u>Wieght or Volume</u>	<u>PLU #</u>
chopped almonds	2 tbsp.	_____
apple	1	_____
spinach	2 cups	_____
fresh tarragon	1 tbsp.	_____
avocado	1 ripe	_____
lemon juice	1 1/2 tsp.	_____
almond or olive oil	1 tbsp.	_____
salt	1/2 tsp.	_____

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