

Seminar Soup*



Ingredients

- 1 large sweet onion, chopped
- 7 cloves garlic, chopped
- 4 stalks celery, chopped (about 2 cups)
- 4 carrots, chopped (about 2 cups)
- 1 large sweet potato, peeled, if desired, and chopped
- 6 cups low sodium vegetable broth
- 1 teaspoon Mrs. Dash Garlic and Herb (in your grocery store spice rack)
- ½ teaspoon freshly ground black pepper
- 6 cups frozen sweet corn, divided per below (sweet corn makes *all* the difference here)
- 6 cups fresh spinach, or 1 (16 ounce) package frozen whole leaf spinach (not chopped)
- 1 very small bunch cilantro or parsley, chopped (about 1/8 cup) – a lot of people don't like cilantro or parsley and I typically leave this out.
- 2 tablespoons balsamic vinegar

Instructions

- 1) In a soup pot, cook the onions over high heat for a few minutes, adding broth or water if necessary to prevent sticking (I recommend adding a little broth).
- 2) Add the garlic, celery, carrots, sweet potato and 1 cup frozen sweet corn and continue to cook, stirring, until the vegetables soften, about 15 minutes.
- 3) Add the broth, bring to a boil, then reduce the heat to maintain a simmer and cook until the vegetables are soft, about 15 minutes.
- 4) Stir in the Mrs. Dash Garlic and Herb and the black pepper
- 5) Blend the soup with an immersion blender (highly recommended as this makes it so much easier than using a blender) until the soup begins to thicken. Alternatively, transfer the soup, in batches, to a food processor and process to the desired thickness.
- 6) Add the remaining frozen corn, spinach, cilantro or parsley (I leave out), and balsamic vinegar and heat until the corn has thawed and warmed through and the spinach has wilted. Serve with a smile!

*From Ann Crile Esselstyn and Jane Esselstyn's "The Prevent and Reverse Heart Disease Cookbook"

Feel free to email me with questions – bruce.whipple@fitnessfromscience.com