

Creamy Spinach and Broccoli Soup

Rich and creamy spinach broccoli soup packed with nutrients. This healthy vegetarian soup is perfect for cold days and takes just 30 minutes to make.

10 min

PREP

30 min

COOK

40 min

TOTAL

6

SERVINGS

Medium

DIFFICULTY

Ingredients

- 2 sprig leek
- 4 tbsp butter
- 6 cup vegetable broth
- 1 broccoli
- 1 potato
- 1 spinach
- 6.8 oz heavy cream
- 0.5 cup almond
- 2 tsp salt
- 2 tsp black pepper

Instructions

- 1 Prepare the base**

Heat 3 tablespoons butter in a large pot over medium heat (175°C/350°F) until melted and foaming, about 2 minutes.
- 2** Add 1 finely chopped leek and cook, stirring occasionally, for 5-7 minutes until softened and translucent.
- 3** Season with 2 teaspoons salt and 2 teaspoons black pepper, stirring for 30 seconds until fragrant.
- 4 Cook the vegetables**

Add 1 roughly chopped broccoli head and 1 diced potato to the pot, stirring to coat with the butter mixture.
- 5** Pour in 6 cups vegetable broth and bring to a boil over high heat, about 8-10 minutes.

- 6 Reduce heat to medium-low and simmer for 20-25 minutes until broccoli and potatoes are fork-tender and easily pierced.
- 7 Add 6.8 oz fresh spinach and cook for 3-5 minutes until completely wilted and bright green.
- 8 **Blend and finish**
Remove pot from heat and stir in ½ cup heavy cream until well combined.
- 9 Use an immersion blender to puree the soup until completely smooth and creamy, about 2-3 minutes.
- 10 **Make garnish**
Heat remaining 1 tablespoon butter in a small skillet over medium heat until foaming, then add 2 sprigs roughly chopped almonds and toast for 2-3 minutes until golden brown and fragrant.
- 11 Ladle soup into bowls and top with toasted almonds before serving immediately while hot.

Tips

Use fresh leeks when possible and wash them thoroughly, as sand often hides between the layers. Cut lengthwise and rinse under cold water to remove all grit.

Don't overcook the spinach - adding it in the final 5 minutes preserves its vibrant color and prevents it from becoming mushy.

For extra smoothness, strain the soup through a fine mesh sieve after blending to remove any remaining fiber pieces.

Add the cream at the end and avoid boiling once it's added to prevent curdling. Remove from heat before stirring in the cream.

Taste and adjust seasoning after blending, as the flavors may need rebalancing once the ingredients are fully combined.

Save some raw spinach leaves for garnish to add fresh color and texture contrast to each bowl.

Toast nuts or seeds in a dry pan for 2-3 minutes for extra flavor and crunch as a garnish.