

SPINACH ORANGE YAM SOUP

From the Kitchen of Teresa Siry(who found the recipe in
EXTRA VEGAN ZA, Original Recipes From Phoenix Organic

A splash of sunshine in your meal, this gorgeous soup is full of sweet and tangy flavors, and packed with vitamins and minerals!

- 1 medium onion, finely chopped
- 2 medium yams, thinly sliced
- 5 cloves garlic, finely chopped
- 1 Tbsp fresh gingerroot, grated
- 1 tsp sea salt to taste
- 1/4 tsp dried dill weed
- 3 cups water
- 1 bunch fresh spinach
- 1/3 cup orange juice, freshly squeezed

- In a medium pot, sweat the onions, yams garlic and gingerroot in a tiny bit of water on medium-low heat. Stir the ingredients so that they do not stick to the bottom of the pot.
- When the onions become translucent, stir in the salt, dill and water. Bring to a boil, then reduce to a simmer and cover for about 15 minutes.
- Remove from heat. Blend this mixture on high until a creamy and smooth consistency is reached. You may need to do this in two batches, depending on the size of your blender.
- Pour all of the blended soup back into the pot. Add the spinach and orange juice, and cover the soup, allowing the spinach to wilt in the steam.
- Serve immediately. Serves 4

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