

Spinach and Rice Soup

Ingredients

- 250g / 10oz fresh spinach
- 3 carrots
- 3 onions
- 1 cup frozen peas
- 1/2 cup white rice
- 500mL / 2 cups vegetable stock
- 2L / 8 cups water
- 1 tbsp vegeta (optional)

Method

1. Sauté finely chopped onions and diced carrots
2. Add rice and sauté until lightly browned.
3. Add water, stock, vegeta, and spinach.
4. Bring to the boil and then simmer until all is soft.
5. Add peas before serving.

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