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Prevent and Protect
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CARROT-SPINACH SOUP WITH DILL

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Makes three 3-cup servings

FOR THE BIG BATCH:

- 2 tablespoons extra-virgin olive oil
- 1 large onion, diced
- 7 carrots, diced (about 5 cups)
- ¼ teaspoon turmeric
- 1 tablespoon coarse salt
- 8 ounces green beans, cut into ½-inch pieces

FOR EACH SERVING:

- 1 packed cup baby spinach
 - 3 tablespoons freshly chopped dill
 - 2 tablespoons lemon juice
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- In a pot over medium heat, cook onion in oil until tender, about 6 minutes. Stir in carrots, turmeric, and salt. Add 10 cups water; bring to a boil, then simmer, 30 minutes.
 - Add beans and cook until just tender, about 2 minutes.
 - To serve, fill a bowl with spinach and dill. Ladle 3 cups hot soup over greens, cover with a plate, and let steep 5 minutes. Add lemon juice.