

## ZUCCHINI SPINACH SOUP

*(from the Bewitching Kitchen)*

1 Tbsp olive oil  
1 stalk of leek, finely sliced (white part only)  
3 zucchinis, medium size, sliced 1/4 inch thick  
1/4 to 1/3 cup of canned white beans  
4 cups vegetable stock or water (plus more if needed)  
1 to 2 cups baby spinach leaves  
salt and pepper  
freshly squeezed lemon juice  
low fat yogurt to taste for serving

Heat the olive oil and saute the sliced leeks, allow them to get golden. Season lightly with salt and pepper. Add the zucchini, cook the slices for a few minutes, stirring every once in a while, until they get a bit of color in some spots. Add the white beans, cook for a couple of minutes, add the vegetable stock (or water), bring the whole thing to a boil. Reduce heat to a simmer, and cook, covered, until the zucchini is tender (20 minutes).

Add the spinach, cook until the leaves are just wilted. Puree the soup in a food processor, blender, or with an immersion blender until the consistency you like. If too thick, add more water or vegetable broth. Adjust seasoning with salt and pepper, sprinkle lemon juice, and keep warm until serving.

Pour some into a bowl, and add a dollop of yogurt seasoned with a pinch of salt and pepper.