

Spinach Potato Soup

*Free of Egg, Peanuts, Tree nuts, Sesame, Shellfish, Soy, Wheat**

5 potatoes (peeled, boiled and mashed)

1 package of frozen spinach (cooked)

2 cups cheddar cheese (shredded)

2 cups plain yogurt

Milk

Put a large soup pot over low heat. Add potatoes, spinach, cheese and yogurt. Stir constantly. Add milk until the soup is smooth and creamy. If desired, blend the soup in a food processor until the soup is a uniform consistency.

Servings: 8 – 10 (\$1.30/serving)

****This recipe is free of the above listed allergens if the ingredients chosen are free of the allergens. For example, a pasta dish is only free of eggs and wheat if the pasta used is egg and wheat free. Please see allergen shopping lists for recommended products.***