

Justme

The smallest soup maker, the biggest results



Superfood spinach and greens soup

This superfood soup aids weight loss, reduces blood sugar, it's good for your eyes, anti-inflammatory and packed with calcium, iron and magnesium.

Ingredients

- Make this soup with anything green that you have leftover. Peas, cabbage, broccoli, beans and spinach. the greener the better!
- 1 small potato chopped into small pieces
- 1/2 red or white onion chopped into small pieces
- about 2 tablespoons broccoli floret cut into small pieces
- a handful baby spinach leaves
- 3 or 4 green beans chopped
- 1 clove garlic minced
- salt and pepper
- 1/2 tsp dried mixed herbs
- 200ml made from 1/2 stock cube or 1/2 stockpot vegetable stock

Instructions

1. place the chopped potatoes, onion, garlic and the greens into the soup maker. Add the spinach last because it takes up a lot of room in its raw format
2. Make up 200ml of vegetable stock. you can either use your own stock, or make up 200ml using 1/2 a stockpot or 1/2 a stock cube
3. Pour in the stock and add the seasoning and herbs
4. Replace the lid and select the 'Smooth' function on the machine. Press the start button. The smooth light will stop flashing and remain constant and steady. This indicates the program has started
5. The machine will start by gently cooking the ingredients, after several minutes of cooking it will start to blend the soup.
6. when the program has finished the soup maker will beep 3 times. The length of the program is 19 minutes.
7. Remove the lid, take care as the contents will be hot. Pour out your delicious soup and serve.

