

Fennel and Spinach Soup

- by Healing Family Eats

*You can easily turn this into 'cream of' soup by adding 1/4 cup coconut milk if you want to.
(serves 3)*

1 tbsp lard (or other solid fat)
1 medium red onion, thinly sliced
1 medium fennel bulb, thinly sliced and fronds reserved
2 tbsp lemon juice (1/2 lemon)
1 bunch (250g) spinach
2 cups (500ml) chicken broth
1/2 tsp [salt](#)
[coconut milk](#) to serve (optional)

Heat the fat in a large pan and add the onions and fennel. Sweat on the gentlest heat for 15 minutes or so until softened but don't allow to burn. Next add the lemon juice and spinach and allow to wilt. Pour in the broth and salt, then bring up to a simmer and cook gently for 5 minutes. Pour the soup into a blender and blend until smooth, rinsing out the pan. Reheat gently, taste to see if you need more salt and serve with a swirl of coconut milk, if you like, and the reserved fronds.

