

Tuscan Artichoke Soup

Submitted by Hannah Glazier, Pre-K 4 teacher



Ingredients

- 2 Tbsp extra-virgin olive oil
- 3 stalks celery, diced
- 1 medium onion, diced
- 4 cloves garlic, minced
- Pinch of red pepper flakes
- 28 oz canned artichokes, drained
- 32 oz chicken stock
- Juice of ½ lemon
- 1 cup packed spinach
- ½ cup heavy cream
- 1 cup shredded Parmesan cheese
- ½ cup marinated sun-dried tomatoes, sliced

Instructions

1. Heat olive oil in a large pot over medium heat. Add celery, onion, garlic, and red pepper flakes. Cook until softened.
2. Add artichokes, sun-dried tomatoes, chicken stock, and lemon juice. Bring to a simmer and cook for 5 minutes.
3. Stir in spinach and heavy cream. Bring back to a simmer. Season with salt and pepper to taste.
4. Remove from heat and stir in Parmesan cheese.

Notes

- Serves 6-8