

Quantum Spinach Soup Recipe

Ingredients:

- 1 cup chopped onion
- ¼ cup chopped garlic
- 1 cup sliced carrot
- ¼ cup diced jalapeño pepper
- ½ cup chopped celery
- 1 Tbsp thyme
- 1 Tbsp coriander
- 1 tsp salt
- 1 tsp fresh ground pepper
- 4 cups chopped fresh spinach
- 4 cups vegetable broth
- 4-6 Tbsp Goya tomato sofrito
- 1 cup orzo
- 2-3 Tbsp olive oil



Instructions:

1. Heat a large pot over medium heat and add a small amount of olive oil.
2. Sauté onions, garlic, jalapeño, carrots, and celery for 3–5 minutes until softened.
3. Add the chopped spinach and cook until it wilts.
4. Pour in the vegetable broth, then add thyme, coriander, salt, pepper, and sofrito. Stir well.
5. Stir in the orzo and bring the mixture to a low boil.
6. Reduce heat and let the soup simmer for 15–20 minutes, stirring occasionally, until the orzo is fully cooked.
7. Serve hot and enjoy!

Nutritional Information (Per Serving, Approximate)

Serving Size: 1 cup (assuming 6 servings)

- Calories: ~180 kcal
- Protein: ~6g
- Carbohydrates: ~30g
- Fiber: ~4g
- Fat: ~2.5g

- Sodium: ~600mg (varies by broth and sofrito)
- Sugar: ~4g

Vitamin and Mineral Content (Per Serving, Approximate)

- Vitamin A: ~90% DV (from spinach and carrots)
- Vitamin C: ~35% DV (from spinach, peppers, and carrots)
- Vitamin K: ~120% DV (from spinach)
- Folate: ~35% DV (from spinach and orzo)
- Iron: ~15% DV (from spinach)
- Calcium: ~10% DV (from spinach)
- Potassium: ~15% DV (from spinach, carrots, and broth)

This soup is rich in vitamins and minerals, especially vitamin A, C, and K, and provides a good amount of fiber and plant-based protein.