

Spinach Soup — Hot & Cold Variations

Yield: about 4 cups

Reference produce weight: 1 typical Japanese spinach package = 289 g raw. After trimming roots and tough ends, usable spinach = 210 g (used here).



Version 1: Simple Spinach Soup (Light, Hot)

Ingredients

- 210 g fresh spinach (trimmed weight)
- 10 g olive oil
- 60 g onion, chopped
- 1 small garlic clove (≈ 4 g), minced
- 600 ml low-sodium vegetable stock
- 30 ml soy milk
- 2 g salt + MSG blend
- Black pepper, to taste

Instructions

1. Sauté onion in olive oil over medium heat until soft.
2. Add garlic and cook briefly until fragrant.
3. Add stock and bring to a gentle simmer.
4. Add spinach and cook 1–2 minutes until fully wilted.
5. Blend until smooth; stir in soy milk and seasoning.
6. Warm gently without boiling.

Nutrition (Approx., per serving)

Kcal: 100 | Protein: 4 g | Fat: 6 g | Sat Fat: 1 g | Carbs: 7 g | Sugars: 2 g | Fiber: 2 g | Sodium: 430 mg | Omega-3: 0.3 g

Version 2: Spinach Soup (Restaurant-Style, Hot)

Ingredients

- 210 g fresh spinach (trimmed weight)
- 15 g unsalted butter
- 10 g olive oil
- 60 g onion, finely chopped
- 1 small garlic clove (≈ 4 g), minced
- 100 g potato, peeled and diced
- 600 ml vegetable or chicken stock (low-sodium)
- 60 ml soy milk OR 40 ml light cream
- 2 g salt + MSG blend
- Black pepper and nutmeg, to taste

Instructions

1. Heat butter and olive oil in a pot over medium heat.
2. Add onion and cook until soft but not browned.

3. Add garlic and potato; cook briefly.
4. Add stock and simmer until potato is fully tender.
5. Add spinach; cook until wilted.
6. Blend until very smooth.
7. Stir in soy milk or cream and seasoning; warm gently.

Nutrition (Approx., per serving)

Kcal: 160 | Protein: 5 g | Fat: 11 g | Sat Fat: 4 g | Carbs: 11 g | Sugars: 3 g | Fiber: 2 g | Sodium: 440 mg | Omega-3: 0.3 g

Version 3: Cold Spinach Soup (Summer / Japanese-Style)

Ingredients

- 210 g fresh spinach (trimmed weight)
- 50 g cucumber, peeled and chopped
- 30 ml soy milk
- 400 ml cold vegetable stock or light dashi
- 10 g olive oil
- 2 g salt + MSG blend
- White pepper, to taste

Instructions

7. Blanch spinach 30 seconds; shock in ice water and squeeze dry.
8. Blend spinach, cucumber, stock, soy milk, olive oil, and seasoning until very smooth.
9. Chill at least 1 hour before serving; adjust thickness with cold stock if needed.

Per Serving (½ batch)

Kcal: 90 | Protein: 3 g | Fat: 6 g | Sat. Fat: 1 g | Carbs: 6 g | Sugars: 2 g | Fiber: 2 g | Sodium: 420 mg | Omega-3: 0.3 g

Whole Batch (~4 cups total)

Kcal: 180 | Protein: 6 g | Fat: 12 g | Sat. Fat: 2 g | Carbs: 12 g | Sugars: 4 g | Fiber: 4 g | Sodium: 840 mg | Omega-3: 0.6 g

Notes & Garnish Ideas

- Cold version works well as a starter in warm weather.
- Optional garnishes: olive oil drizzle, cracked pepper, chives, or a few sesame seeds.
- Soup thickens slightly after chilling or cooling.