Cream Of Spinach Soup

[**MARK BITTMAN**](https://cooking.nytimes.com/44138984-mark-bittman/my-recipes)

* **YIELD**4 servings

INGREDIENTS

* **1** **pound spinach, well washed, thick stems trimmed**
* **3** **spring onions or 3 bunches scallions, trimmed and roughly chopped**
* **3** **cups chicken or vegetable stock**
* **Small grating of nutmeg**
* **Salt and pepper**
* **1** **cup heavy or light cream, half-and-half or milk**

PREPARATION

1. Combine spinach, onions and stock in a saucepan, and turn heat to medium high. Bring to a boil, and lower heat so mixture barely bubbles. Cook, stirring occasionally, until spinach is very tender, about 10 minutes. Turn off heat, add nutmeg and a sprinkling of salt and pepper, and let cool at least a few minutes.
2. Pour soup into a blender, in batches if necessary, and carefully purée. Return to pan, add cream, and, over medium-low heat, reheat gently, stirring occasionally. When soup is hot, adjust seasoning, and serve.