



**Garlic Soup With Poached Eggs**  
Julie Powell  
45 minutes



**Valencian Chickpea and Chard Soup**  
Martha Rose Shulman  
About 3 hours



**Stracciatella With Spinach**  
Martha Rose Shulman  
1 hour



**Rich Garlic Soup With Spinach and Pasta**  
Martha Rose Shulman  
1 hour 15 minutes



**Egg Drop Soup**  
Martha Rose Shulman  
20 minutes

HEALTHY

# Garlic Soup With Spinach

By [Martha Rose Shulman](#)

**YIELD** Serves 4  
**TIME** About 30 minutes

I made a lot of turkey stock after Thanksgiving and pulled some out for this spinach-packed, very quick and easy soup. A vegetarian version made simply with water and garlic is equally delicious.

Featured in: [Garlic Soup With Spinach](#).

 **LEARN:** [How to Make Soup](#)

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Andrew Scrivani for The New York Times

Soups And Stews, Garlic, Macaroni, Spinach, Dinner, Main Course, Fall, Halal, Healthy, Kosher, Low Sugar, Nut Free, Vegetarian

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## INGREDIENTS

- 1 ½ quarts chicken stock, turkey stock, vegetable stock, or water
- A bouquet garni made with a bay leaf and a couple of sprigs each thyme and parsley
- Salt and freshly ground pepper to taste
- 2 to 3 large garlic cloves (to taste), minced
- ½ cup elbow macaroni
- 2 eggs
- 1 6-ounce bag baby spinach, or 12 ounces of bunch spinach, stemmed, washed, dried and coarsely chopped
- ¼ cup freshly grated Parmesan (1 ounce)

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[Ingredient Substitution Guide](#)

 [Nutritional Information](#)

## PREPARATION

### Step 1

Place the stock or water in a large saucepan or soup pot with the bouquet garni. Season to taste with salt and freshly ground pepper. Bring to a simmer and add the garlic. Cover and simmer 15 minutes. Add the pasta and simmer 5 minutes, until cooked al dente. Remove the bouquet garni.

### Step 2


Beat the eggs in a bowl and stir in 1/3 cup of stock, making sure that it is not boiling, and the cheese.

### Step 3

Stir the spinach into the simmering stock and simmer for 1 minute. Drizzle in the egg mixture, scraping all of it in with a rubber spatula. Turn off the heat and stir very slowly with the spatula, paddling it back and forth until the eggs have set. Taste, adjust seasoning, and serve at once.

### Tip

*Advance preparation: If using stock it can be made months ahead and frozen, or four days ahead and refrigerated. The soup is last-minute.*



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### COOKING NOTES

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Mirielle | 8 months ago

Cooked yesterday for lunch. It is a very forgiving recipe and easy to adapt to use what's languishing in your fridge. Based on the other notes, I used a teaspoon of turmeric to give it a beautiful bright color. Added lemon juice at the end and some red pepper flakes to brighten the flavor. Extra pasta, garlic and spinach because I had them. It got a thumbs up from my husband who has not been a fan of my healthy recipes in recent weeks.

👍 54 This is helpful



Marlena | 2 years ago

I made this soup with the fresh herbs my partner has been growing on the fire escape - rosemary sage and a ton of oregano 2 bay leaves. Made the broth SO DELICIOUS and I was able to get that delicious golden-brown color. I liked the noodles because they add a bit of texture to an otherwise silky broth. Def going to make again!

👍 26 This is helpful



Iler | 3 years ago

Threw in a parmesan rind and a couple of extra garlic clothes. Delicious

👍 19 This is helpful



Amanda | 3 years ago

Mine did not look cool and orange like the picture. I may have altered it too much by adding mushrooms and asparagus that i sauteed in butter. The flavor is a bit subtle, but healthy and very easy. I tried chopping the vegetables small with scissors and fed it to my 11-month old, and he was obsessed with it.

👍 13 This is helpful

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30 minutes



3 hours



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