

**Curried Potato Spinach Soup**  
**Serves 4-6**

**Ingredients:**

1 large yellow onion diced small  
1 large red bell pepper diced small  
1 ten-ounce bag frozen spinach  
2 tablespoons curry powder  
1 bag **Wellness Forum Health Potato Soup** mix (large size)  
6 cups water

**Instructions:**

- Sauté the onion and red bell pepper in a large sauce pan over medium heat for 10 minutes until the vegetables are tender. Add water 1-2 tablespoons at a time as needed to keep the vegetables from sticking to the pan.
- Add the curry powder and cook another minute
- Add the soup mix and water and cook for five minutes.

Serve