

yield: 4 SERVINGS

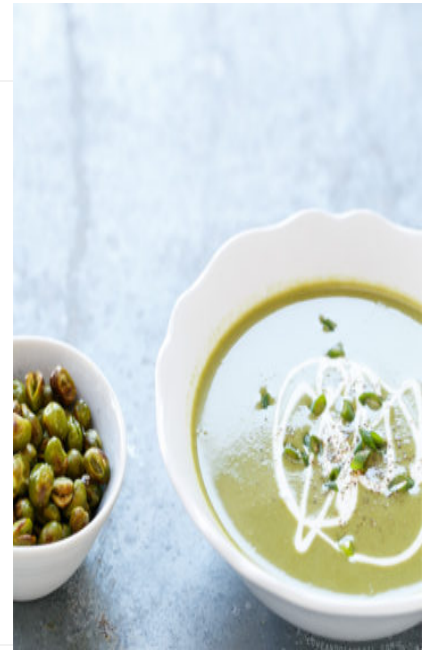
Silky Edamame Soup

total time: 30 MINUTES

Save

Ingredients:

- 1 teaspoon sesame oil
- 1/4 cup chopped shallots
- 2 garlic cloves, chopped
- 4 cups low-sodium chicken broth or vegetable broth
- 1 tablespoon reduced-sodium soy sauce
- 12 ounces fresh or frozen shelled edamame
- 3 cups baby spinach
- 1 tablespoon sliced green onions, for topping
- 1/4 cup crème fraîche or light sour cream, for topping
- freshly cracked black pepper



Directions:

1. In a medium saucepan, heat sesame oil over medium heat. Add shallots and garlic and cook, stirring until lightly golden and fragrant, 1 to 2 minutes. Add broth, soy sauce, and edamame and bring to a boil. Cover, reduce heat to medium-low, and simmer until the edamame are tender, 15 to 20 minutes. Add spinach and cook for 1 minute more.
2. Working in batches, puree the soup in a blender (use caution blending hot liquids). Return to saucepan to keep warm.
3. Ladle the soup into 4 serving bowls. Top with black pepper, scallions, and a small dollop of crème fraîche.

Recipe from [The Skinnytaste Cookbook](#).

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Original Recipe URL: <https://www.loveandoliveoil.com/2014/11/silky-edamame-soup.html>