

Dominican Plantain & Spinach Detox Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 green plantain peeled and diced
- 4 cups vegetable broth
- 2 cups fresh spinach
- 1 tsp dried oregano
- Salt and pepper to taste
- Lime wedges for serving

Instructions:

1. Heat olive oil in a pot over medium heat. Sauté onion and garlic until soft.
2. Add diced plantain and cook for 5 minutes.
3. Pour in vegetable broth, bring to a boil, then simmer for 20 minutes until plantain is tender.
4. Add spinach and oregano, cook until spinach wilts.
5. Season with salt and pepper. Serve with lime wedges

Health Benefits:

- Plantains provide resistant starch, supporting gut health.
- Spinach is rich in iron and antioxidants.
- Oregano has anti-inflammatory properties.