

Spinach Artichoke Dip Soup: Creamy, Cheesy & Comforting!

creamy, garlicky, and cheesy essence of spinach artichoke dip



TIME
5-7 min

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INGREDIENTS

2 tbsp olive oil
1 medium yellow onion, finely diced
2 cloves garlic, minced
1 (14 oz) can artichoke hearts, drained and chopped
5 oz fresh spinach (about 5 cups loosely packed), chopped
4 cups chicken or vegetable broth (low-sodium recommended)
1 (8 oz) block cream cheese, softened
 $\frac{1}{2}$ cup mayonnaise
 $\frac{1}{2}$ cup sour cream
1 cup shredded mozzarella cheese
 $\frac{1}{2}$ cup grated Parmesan cheese
Salt and black pepper, to taste
Optional: pinch of red pepper flakes
Optional: Crusty bread or croutons for serving
Optional: Chopped fresh parsley for garnish

DIRECTIONS

- 1. Saut  Aromatics & Artichokes:** In a large pot or Dutch oven, heat 2 tablespoons olive oil over medium heat. Add the finely diced yellow onion and saut  for 5-7 minutes, stirring occasionally, until softened and translucent. Add the minced garlic and the chopped artichoke hearts. Saut  for another 2-3 minutes, stirring, until fragrant and slightly tender.
- 2. Add Broth & Simmer:** Pour in the 4 cups chicken or vegetable broth. Bring the mixture to a gentle simmer. Reduce the heat to low, cover the pot, and let it simmer for 10-15 minutes, allowing the flavors to meld.
- 3. Whisk in Creamy Base:** While the soup simmers, in a separate medium bowl, whisk together the 1 (8 oz) block softened cream cheese, $\frac{1}{2}$ cup mayonnaise, and $\frac{1}{2}$ cup sour cream until completely smooth and creamy.
- 4. Combine & Melt Cheese:** Stir the cream cheese mixture into the simmering soup in the pot until fully dissolved and the soup is creamy. Add the 5 oz chopped fresh spinach to the soup, stirring until it wilts down (about 1-2 minutes). Stir in 1 cup shredded mozzarella cheese and $\frac{1}{2}$ cup grated Parmesan cheese. Stir constantly until the cheese is completely melted and incorporated, and the soup is smooth and cheesy.
- 5. Season & Serve:** Taste the soup and adjust seasoning with additional salt and black pepper as needed. If desired, add a pinch of red pepper flakes for extra heat. Ladle the warm, creamy Spinach Artichoke Dip Soup into bowls. Garnish with fresh chopped parsley if desired. Serve immediately with crusty bread or croutons for dipping.

SWAPS & NOTES

Artichoke Hearts: Use canned artichoke hearts (packed in water, not oil), drained and roughly chopped.

You can also use frozen artichoke hearts, thawed and drained.

Fresh Spinach: Fresh spinach wilts down significantly.

You can use frozen chopped spinach (thawed and verywell squeezed dry) as a substitute, using about half the amount.

TIPS FOR SUCCESS

Softened Cream Cheese: This is crucial for a smooth, lump-free soup base.

Drain Artichokes Well: Ensure artichoke hearts are well-drained to prevent the soup from becoming watery.

Don't Overcook Spinach: Add spinach at the end and cook just until wilted to maintain its vibrant color and texture.

Gentle Simmer: Once creamy ingredients are added, maintain a gentle simmer; avoid a rolling boil to prevent separation.

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