

Broccoli Soup

Sometimes we are blessed by what little we have, as was recently my experience.

It was the end of the week, and I needed to put together one more meal with the remnants of all of the produce left in the fridge. Sometimes this leads to dinner fails and other times it's a win. I declare this Better Broccoli Soup a win and so did my family.

Ingredients

2 Large heads of organic broccoli, the longer and thinner the stems, the better. Cut stems just below the crown of florets, set aside florets and peel the stems, if necessary, removing any thick or stringy outer layer and chop.

2 large organic shallots, peeled and finely minced

3-4 organic carrots diced

1-2 tbl of any mixed blend of dried green herbs such as parsley, oregano, thyme, chives

2 Veggie Bouillon Cubes

1 can of organic coconut milk

1 bag of chopped frozen organic spinach

Salt & Pepper to taste

Directions

Saute shallots until soft, add broccoli stems, diced carrots, and herbs. Cover with 2 quarts of water. Cook under pressure or with a lid until vegetables are tender and aromatic.

While the soup base is cooking, gently steam broccoli heads until just fork tender but not more. Remove and rinse with cold water to stop any further cooking. Cut or break into smaller bite sized pieces.

Using a high speed blender or with immersion blender, blend the soup base until smooth. Add bouillon cubes, bag of spinach, broccoli florets, can of coconut milk and more water to reach desired consistency. Season to taste.

Enjoy!