

Broccoli Soup

EASY | RECIPE

Ingredients:

- 2 tbsp olive oil
- 1 shallot, chopped
- 1 clove garlic, chopped
- 1 head of broccoli, upper stems and florets, chopped
- 4 cups no-salt-added broth
- ½ tsp salt
- ½ tsp dried thyme
- ¼ cup shredded cheddar cheese



Method:

Add oil to soup pot on medium heat. **Add** shallot and garlic; sauté 1 minute. **Add** broccoli, broth, salt and thyme. **Bring** to a boil, reduce and simmer for 15 to 20 minutes or until broccoli is tender. **Use** immersion blender to purée in pot, or add to a blender and purée until smooth. **Serve** in soup bowls and garnish with cheddar cheese.

Makes 4 servings. Per serving:

103 calories | 3g protein | 9g total fat | 2g saturated fat | 6g mono fat | 1g poly fat |
3g carbohydrate | 0g sugar | 1g fiber | 346mg sodium