

# BROCCOLI SOUP



## SERVING SIZE



## INGREDIENTS

ITEM	QUANTITY	ITEM	QUANTITY
Olive Oil	1 Tbsp.	Broccoli Florets and Stalks, Coarsely Chopped	2
Large Shallot, Coarsely Chopped	1	Large Turnips, Peeled and Coarsely Chopped	2
Large Cloves Garlic, Coarsely Chopped	3	Celery Root, Coarsely Chopped	1/3
Broccoli Stalks, Coarsely Chopped	3	Low-sodium Chicken Stock	4 Cups



## PREPARATION

- Heat the olive oil in a large soup pot over medium heat.
- Add the coarsely chopped shallot and garlic, and sauté for about 2-3 minutes until they become fragrant and slightly softened.
- Add the coarsely chopped broccoli stalks, broccoli florets and stalks, large turnips, and celery root to the pot.
- Continue to sauté the vegetables for an additional 5-7 minutes, allowing them to slightly caramelize.
- Once the vegetables have softened a bit and developed some flavor, pour in the low-sodium chicken stock. Ensure that the stock covers the vegetables, and bring the mixture to a gentle boil.
- Reduce the heat to low, cover the pot, and let the soup simmer for about 20-25 minutes. Simmering allows the vegetables to become tender.
- Using an immersion blender carefully blend the soup until it's smooth and creamy.
- Depending on your preference, you can adjust the consistency by adding more chicken stock to thin the soup or simmering a bit longer to thicken it.
- Taste the soup and season with salt and pepper according to your preference.
- Pour the creamy broccoli soup into bowls and garnish with a sprinkle of fresh herbs.
- Serve your broccoli soup hot and enjoy a comforting, healthy, and hearty meal.