



Puréed Broccoli Soup

INGREDIENTS

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| ½ TBS of butter | 1 TBS fresh parsley, chopped |
| ½ TBS olive oil | 4 cups broccoli, chopped |
| 1 small yellow onion, diced | 3 cups vegetable broth |
| 1 stalk celery, diced | Salt and pepper to taste |
| 1 clove garlic, finely diced | |

DIRECTIONS

In a medium pot, heat butter and oil over medium heat. Add onion and celery and cook, stirring occasionally, until softened, about 8 minutes. Add garlic and parsley; cook and stir until fragrant, about 2 minutes. Fold in broccoli and broth. Bring to a boil then reduce and simmer, whisking occasionally, for 30 minutes. In batches, fill a blender halfway with mixture and puree until smooth. Season with salt and pepper to taste. Makes approximately 4 servings; each serving is 75 calories.