

Light Cream of Broccoli Soup



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Recipe by: Laura Vitale

Serves 4-6

Prep Time: 10 minutes

Cook Time: 25 minutes

Ingredients

- 1-1/2 Tbsp of Olive Oil
- 1 Onion, chopped
- 2 Stalks of Celery, chopped
- 3 Cloves of Garlic, peeled and chopped
- 1 Large Potato, peeled and cut into chunks
- 6 cups of Broccoli Florets
- About 4-1/2 (or more) of Vegetable or Chicken Stock
- 1/4 cup of Reduced Fat Half and Half
- Salt and Pepper, to taste

1) In a large soup pot preheated over medium heat, sauté together the onions, garlic, celery and potato with the olive oil until the veggies develop some color.

2) Add the broccoli and cover the broccoli with stock. Allow the soup to simmer for about 20 minutes or until the broccoli and potatoes are really soft.

3) Blend the soup using either an immersion blender or a regular blender.

4) Add the soup back in the pot (if you used a blender to puree it) add the half and half and heat everything together for just about a minute. Adjust for seasoning and serve!

