

Broccoli Soup

Ingredients:

- 2 medium onions, chopped
- 2 cloves garlic, peeled
- 4 cups broccoli stems, peeled and cut into 2 cm ($\frac{3}{4}$ inch) pieces
- 2 cups chopped raw spinach leaves
- 3 cups water
- 4 teaspoons honey or agave syrup (optional)
- Pinch nutmeg
- $1\frac{1}{2}$ teaspoons sea salt
- Pepper, to taste
- 3 cups coconut milk (or rice milk)
- 1 cup coarsely chopped broccoli florets



Method:

1. In a large soup pot, combine the onion, garlic, broccoli stems, spinach, water, honey (if using), salt, pepper and nutmeg. Bring to the boil.
2. Reduce heat to a simmer and continue cooking for about 5 minutes or until the vegetables are tender.
3. Remove from the heat and allow to cool for 10 minutes before adding the coconut milk (or rice milk).
4. Transfer the soup to a food processor or blender and blend for 2-3 minutes until creamy and smooth (a hand blender is great to use if you have one).
5. You may need to process the soup in two or more batches, depending on the size of your machine. You can add just the consistency to your taste by adding a little more milk during blending
6. Pour the soup back into the pot and add the salt and pepper. Gently reheat, being careful not to bring it to a boil.
7. In a medium steamer saucepan, steam the broccoli florets until tender.
8. Serve the soup garnished with a few broccoli florets. This soup can also be served chilled.

Alternative Ingredients:

You can use this recipe to make other great vegetable soups like carrot, cauliflower and zucchini (courgette). Substitute the broccoli stems and florets for $2\frac{1}{2}$ cups of your favourite vegetable.

NOTE: The soup will keep for 3 days in the refrigerator. It can also be frozen.