



Pureed Broccoli Vegetable Soup

Instead of going grocery shopping, I decided to look in my pantry/fridge/freezer to see what I had on hand to make a tasty and nutritious dinner. I pulled broccoli out of the freezer, and chopped up whatever other vegetables I could find. The end result? This fabulously delicious pureed soup.

Ingredients:

- 2-3 Tbsp olive oil
- 1 large onion, diced
- 2 stalks celery, diced
- 3 cloves garlic, minced
- 3 carrots, chopped
- 2 potatoes, chopped
- 6 c broccoli
- 8 c water or vegetable stock
- 1 c milk/soy milk/non dairy creamer
- ½ tsp dried thyme
- 2 Tbsp fresh dill

Directions:

1. Heat oil over low/medium heat. Sauté onions and celery until softened, about 5 minutes.
2. Add minced garlic and sauté for 2 minutes more.
3. Add carrots, potatoes, broccoli and water/stock. Raise heat until pot is boiling.
4. Reduce heat to simmer and cook uncovered for 45 minutes. Add milk, thyme and dill.
5. Puree.

Serves 8.