



Feel-Good greeeen broccoli soup

Description

Sometimes less is really more. The most simple easy broccoli soup imaginable. Makes you appreciate the little things, appreciate the taste of just 1 product, the broccoli. Side note, one of the most nutritious vegetables out there. High in [vitamine C & K](#), rich in fiber, antioxidant (molecules that shield your body), calcium, iron, good stuff. Broccoli soup should be a regular.

BLF balance ~ How balanced the recipe is across protein, plants, fibre, quality fats and variety.

5.5 / 10

BLF Flavour

7 / 10

BLF Easy

9.5 / 10

MAKE IT MORE BALANCED

Blend in 1 can of white beans, or serve the soup with a generous spoonful of white beans on top. **(+1.0)**

Serve with [this lentil salad](#) **(+3.5)**

Finish each bowl with a squeeze of lemon. **(Flavour boost)**

BROCCOLI SOUP

SIMPLE, NOURISHING
& SO GOOD

BODY LOVES FOOD



Nourishment

Broccoli soup

Fiber: high

Veggie level: very high

Keeps you full: light (best with bread or toppings)

Energy: light & steady

Mood: fresh & nourished

Details

Servings

4 servings

Prep time

5 minutes

Cooking time

10 minutes

Protein

-6g per portion



[Print](#)

Ingredients

- 2 Broccoli (~800-1000gr)
- Vegetable broth (~750ml, 1 cube)
- 1 onion
- 1 or 2 cloves of garlic
- 1 tbsp olive oil

- Pepper & salt



Directions

- Cut the broccoli into pieces, the floret as well as the stalk (except the really hard parts)
- Cut the onion in half rings & garlic in little pieces
- Heat the olive oil in a pot and add the cut onion, simmer for 3 to 4 minutes, then add the garlic
- Add the broccoli, vegetable broth and pepper & salt to taste. Bring to boil. Once boiling turn down heat and let it simmer for 8-10 minutes
- Put everything in a mixer/blender or use a hand blender
- That's it, fast and simple. You can use sesame seed, some olive oil, chili flakes, parmesan, a squeeze of lemon or even tiny pieces of raw broccoli to give it that little extra something