

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, ironâ€¦, good stuff.

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Nourishment

Fiber: high
Veggie level: medium-high
Keeps you full: if you have enough
Energy: light & steady
Mood: fresh, earthy & spicy

Details

Servings
4 servings

Prep time
5 minutes

Cooking time
10 minutes

Protein
-6g per portion

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Ingredients

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

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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
- Thatâ€™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

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