



trifit

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Broccoli and Potato Soup

A delicious and simple soup featuring one of the world's healthiest vegetables!

Ingredients

3 tbsp butter
3 onions, peeled and chopped
2 cloves garlic, peeled and chopped
6 cups chicken stock, vegetable stock or water
2 large potatoes, peeled and grated
1 head of broccoli, stems cut into chunks and florets reserved
Salt
1 cup grated Cheddar cheese, try reduced fat cheese for a healthier option

Directions

1. Place a large pot over medium-high heat and add oil.
2. When it's hot, add onions and sauté until they have softened.
3. Add garlic and continue to sauté for another minute. Add stock, grated potatoes and broccoli stems.
4. Season with salt and pepper and simmer until they are tender and potatoes have broken down.
5. Adjust seasoning and puree with an immersion blender or in a food processor.
6. Reheat soup prior to serving and add reserved broccoli florets and cheddar cheese.
7. Simmer for about 5 minutes, until cheese has melted and florets are tender and bright green.
8. Serve hot. Optional: Reserve a few broccoli florets. Garnish each serving with florets and a sprinkling of grated cheese.

Makes 4 servings

Source www.foodtv.ca