

Broccoli Soup

(Whole 30, Paleo, Vegan)

Shopping List:

Serving size 2-4

- 1 head of organic broccoli
- 1/4 white onion, diced
- 3 garlic cloves, minced
- handful of shelled pistachios (optional)
- 32oz vegetable broth (can substitute chicken broth)
- 2 tbsp. olive oil
- salt and pepper to taste

Directions:

Sauté the onions and garlic in the olive oil in a medium to large sauce pan. Once the onions are translucent, add in the pistachios if using. Stir occasionally while they heat up for about 3 minutes. Add in the broccoli to sauté until bright green and then add in the vegetable broth.

Bring the soup to a boil and then reduce to a simmer. Allow the soup to simmer until the broccoli is tender and transfer the ingredients in batches to a food processor. *Be very careful - the liquid will scald you!* Puree the soup in batches and return the contents to the stove to simmer until ready to serve.

You can garnish the soup by drizzling the top with olive oil and crushed pistachios for a pretty display and/or by adding a dollop of mascarpone or ricotta cheese but that is optional as well.

*An immersion blender can be used, however it will not provide as smooth of a consistency.