

BROCCOLI, CHEDDAR AND TOFU SOUP

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium onion sliced
- 3 minced garlic cloves
- 6 cups chopped broccoli
- ¼ teaspoon nutmeg
- 1 tablespoon jarred oregano in oil (or 1 teaspoon dried)
- 1 cup shredded cheddar cheese
- 1 block of firm silken tofu
- 1 can (900 ml) of vegetable stock
- Salt and pepper → *Do not use pepper if you have ulcer or pain*

PREPARATION

1. In a large saucepan over medium-high heat, sauté the onions in oil. Add broccoli and garlic and sauté for 2 minutes.
2. Add all the other ingredients and continue cooking for 10 – 15 minutes so that the broccoli is very tender.
3. Using a blender, blend all ingredients until smooth. Season.

Recipe translated from: www.cynthiamarcotte.com

apainintheback.org

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