

BROCCOLI MEAL SOUP

INGREDIENTS

- 1 tablespoon butter
- 1 minced garlic clove
- 1/3 cup dry shallots, minced
- 3 cups sodium-reduced vegetable broth
- 1 cup 2% milk
- 1 grated carrot
- 1 small cauliflower, chopped
- 1 small broccoli, cut into florets
- Pepper to taste → *Do not use pepper if you have ulcer or pain*
- 1 1/2 cups grated sharp cheddar
- 2/3 cup no fat plain Greek yogurt (0%)
- 1/2 cup chopped walnuts → *grind them, if needed*

PREPARATION

1. In a saucepan, melt the butter over medium heat. Cook the garlic and shallots for 1 to 2 minutes.
2. Pour in the vegetable broth and milk. Add carrot, cauliflower, and broccoli. Pepper. Bring to a boil, then cook for 20 to 25 minutes, until the vegetables are tender.
3. Add cheddar and stir.
4. Using the hand blender, mix the soup until smooth.
5. Divide soup between bowls. Top each serving with yogurt and nuts.

Recipe from: www.recettesjecuisine.com

apainintheneck.org

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