

Broccoli Soup

This is a very simple recipe for a creamy and rich broccoli soup...even if you do care for broccoli you will enjoy this soup.



Now that the weather is getting cooler, often I like to have soup for dinner. Not mention that it is easy and fairly fast to prepare.

This is a very simple and easy way to serve broccoli, especially for the ones that dislike broccoli. The soup is tasty and filling. I always like to serve with garlic toast...somehow the crunchy toast goes very well with the creaminess of this soup.

Ingredients

- 2 big heads broccoli
- 2 16 oz cans chicken broth or chicken bouillon (or vegetable broth)
- 1 small onion, chopped
- 1 medium size potato, cut into small cubes
- 1 tablespoon butter
- Salt and pepper to taste
- Greek yogurt



Method

Cut the broccoli into smaller pieces and steam until tender and set aside.

In a medium pan sauté the onion in the butter until slightly golden. Add the chicken broth and the potato. Let the potato cook until tender. Let the chicken broth cool down slightly.

Place the steamed broccoli and the chicken broth into a blender and pureed the broccoli with the chicken stock. Add salt and pepper to taste. Place the cream back to the pan and let it boil for approximately 2 minutes.

Garnish with Greek yogurt and serve immediately.



Creamy and nutritious...



If care for more hearty soup recipes you might like Oxtail Soup or Chicken, Corn and Tofu Soup.



Did you know that if measured ounce by ounce broccoli contains more vitamin C than many citrus fruits? Moreover, broccoli is rich in dietary fiber and contains more calcium than a glass of milk.

Thank you for stopping by Color Your Recipes...have a colorful week!