



Elliott Evans Nutrition, LLC
Prevent and Protect
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CREAMY BROCCOLI-WHITE BEAN SOUP

WholeLiving.com

Serves 4

Ingredients:

- 1 head broccoli (1 lb) cut into florets, stems thinly sliced
- 2 Tbsp extra-virgin olive oil
- 1 Yellow onion, diced
- 2 garlic cloves, thinly sliced
- 1 15-oz can cannellini beans, drained
- 2 ½ cups chicken stock
- 1 Tbsp, pine nuts, toasted
- Kosher salt and freshly ground black pepper
- ½ oz shaved Parmesan, for serving

Preparation:

1. Steam broccoli florets and stems until tender and bright green, about 3 minutes. Let cool slightly. Reserve ½ cup florets for garnish.
2. Heat oil in a medium pot over medium heat. Sauté onion and garlic until translucent, about 6 minutes. Add beans and stock and bring mixture to a simmer.
3. Remove from heat and add broccoli; puree in batches in a blender until smooth.
4. Season to taste with salt and pepper.
5. Garnish each bowl with broccoli florets, toasted pine nuts, and shaved Parmesan.

PER SERVING: 247 calories; 2 g saturated fat; 8 g unsaturated fat; 28 g carb