



Elliott Evans Nutrition, LLC
Prevent and Protect
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CREAMY BROCCOLI SOUP ***(REALSIMPLE.COM)***

Makes 4 Servings

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 1/8 teaspoon crushed red pepper (optional)
- 2 cups low-sodium vegetable broth
- 1 bunch broccoli, florets roughly chopped and stems peeled and sliced (about 7 cups)
- 1 large russet potato (about 8 ounces) peeled and cut into ½-inch pieces
- ½ teaspoon Kosher salt
- ¼ black pepper
- 2 ounces sharp white Cheddar, grated (1/2 cup)
- Bagel Chips, (for serving)

- Heat oil in a large saucepan over medium heat. Add the onion and red pepper and cook, stirring occasionally, until the onion is soft, 4-6 minutes.
- Add the broth, broccoli, potato, 2 cups water, ½ teaspoon salt, and ¼ teaspoon black pepper to the saucepan and bring to a boil. Reduce heat and simmer, covered, until the vegetables are very tender. 18-20 minutes.
- In a blender, working in batches, puree the soup until smooth, adjusting the consistency with water as necessary. (Alternatively, use a handheld immersion blender in the saucepan.)
- Top with the cheddar and bagel chips, if desired, before serving