

CREAMY BROCCOLI SOUP

INGREDIENTS

- 1 tbsp olive oil
 - 2 cloves garlic, minced
 - 1 yellow onion, chopped
 - 8 cups chopped broccoli (1½ to 2 pounds)
 - 4 cups water
 - 1 can (15 ounces) white beans, rinsed and drained
 - Salt and pepper, to taste
- Toppings:**
- 3 tbsp lemon juice
 - 1 cup low-fat plain Greek yogurt
 - ¼ cup chopped fresh chives
 - Salt and pepper, to taste



Recipe courtesy of the Academy of Nutrition & Dietetics.

DIRECTIONS

1. In soup pot, sauté oil, garlic, onion and broccoli about 10 minutes, until tender.
2. Add in water and beans. With hand blender, puree half of the soup. Season with salt and pepper. Bring to a boil and simmer for 10 minutes.
3. Mix lemon juice, yogurt, chives, salt and pepper. Drizzle on top of warm soup, and serve.