

Hearty Broccoli Soup

4 Servings • 1 Serving = 2 Cups



INGREDIENTS

- 2 Tablespoons extra virgin olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic, chopped
- 1 stalk celery, chopped
- 1 medium potato, peeled and quartered
- 6 cups broccoli florets and stems
- 4-6 cups low-sodium vegetable broth
- ¼ teaspoon salt

DIRECTIONS

1. Heat a stock pot over medium heat. Add oil, onion, garlic, and celery. Cook until celery and onion are softened, about 10 minutes.
2. Add the potato and stir to combine. Add broccoli and vegetable broth. Bring to a boil, then reduce heat, cover the pot, and simmer for about 8 minutes, until broccoli is tender. Season with salt.
3. In batches, puree soup. Return the soup to the pot and reheat.

Nutrition Facts

4 servings per container	2 cups
Serving size	
Amount per serving	
Calories	170
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 360mg	16%
Total Carbohydrate 24g	9%
Dietary Fiber 8g	21%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 108mg	8%
Iron 1mg	6%
Potassium 508mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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