

HEARTY BROCCOLI SOUP

Culinary Intro:	This cozy soup is great for the winter weather.
Nutrition Intro:	

<p>Prep Time: min Ingredients for 4 servings Each serving =2 cups Cost per serving= \$ Ingredients:</p> <ul style="list-style-type: none"> • 2 tablespoons extra-virgin olive oil • 1 medium onion, finely chopped • 2 cloves of garlic, chopped • 1 stalk celery, chopped • 1 medium potato, peeled and quartered • 6 cups broccoli florets and stems, from about 1-2 large heads • 4-6 cups low-sodium vegetable broth, warmed • ¼ teaspoon salt <p>Steps:</p> <ul style="list-style-type: none"> • Heat a stock pot over medium heat. Add oil, onion, garlic, and celery. Cook until celery and onion are softened, about 10 minutes. • 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. • In batches, puree soup. Return the soup to the pot and reheat. • <p style="text-align: center;">NUTRITION FACTS</p> <p>Serving Size = 4; Servings Per Container = 2 cups; Calories 170; Calories From Fat 70; Total Fat 8g (12%); Saturated Fat 1g (5%); Trans Fat 0g; Cholesterol 0mg (0%); Sodium 370mg (15%); Total Carbohydrate 24g (8%); Dietary Fiber 6g (24%); Sugars 7g; Protein 5g</p>	Culinary/ Nutrition Notes for Demo:	
	1	<p>Culinary:</p> <ul style="list-style-type: none"> • Click here to enter text. <p>Nutrition:</p> <ul style="list-style-type: none"> • Broccoli is a great vegetable to include in the diet since it is high in fiber and vitamins.
	2	<p>Culinary:</p> <ul style="list-style-type: none"> • For a different flavor profile, try using a different stock such as chicken stock. Just make sure to find low-sodium broths at the store. <p>Nutrition:</p> <ul style="list-style-type: none"> • This soup is healthier than the typical broccoli soup which is usually cream based or loaded with cheese. Using the vegetable broth allows you to reduce the amount of fat found in cream-based soups; while the potato thickens the soup and helps mimic the texture of cream-based soups, • The sugars in the recipe come from the potato.
	3	<p>Culinary:</p> <ul style="list-style-type: none"> • Careful while pureeing the soup since it is hot and may splatter. • The garlic and onion make the soup very fragrant and flavorful. <p>Nutrition:</p> <ul style="list-style-type: none"> • Vegetable soup is a nice way to vary how you consume vegetables so that you don't get bored.
	4	<p>Culinary:</p> <ul style="list-style-type: none"> • • <p>Nutrition:</p> <ul style="list-style-type: none"> •
5	<p>Culinary:</p> <ul style="list-style-type: none"> • Click here to enter text. <p>Nutrition:</p> <ul style="list-style-type: none"> • 	
Clean-up/Review comments		

Culinary:

[Click here to enter text.](#)

Nutrition:

Materials	Shopping List
<ol style="list-style-type: none">1. 1 cutting board2. 1 Chef's knife3. 1 bowl for trash4. 1 serving dish for final presentation5. mise en place cups6. 1 electric skillet7. 1 can opener8. 1 stock pot9. blender10. 1 strainer/ sieve11. silicone spatula12. measuring cups13. measuring spoons14. paper plates/ cups/ soufflé cups15. tasting spoons16. paper towels17. tablecloth18. kitchen towel19. gloves20. copies of recipe	Produce <ul style="list-style-type: none">• 1 medium onion• Garlic• 1 stalk of celery• 1 medium potato• Broccoli florets
	Dry Goods <ul style="list-style-type: none"><input type="checkbox"/> Vegetable broth<input type="checkbox"/> Salt
	Condiments <ul style="list-style-type: none"><input type="checkbox"/> Paper Goods <ul style="list-style-type: none"><input type="checkbox"/> Click here to enter text.

Prepping for demo:

- Shop for ingredients/ Ensure all ingredients are available
- Rinse & dry produce
- Prep & store for demo as requested in recipe
- Label all mise en place items
- Make sure to leave a portion of the onion, garlic, celery, potato, and broccoli intact for demo purposes
- If recipe will be sampled by a large audience, prepare a large batch of ingredients ahead of time for easy execution during demo
- Ensure all equipment is in place and set up table with a tablecloth
- Display ingredients in a visually appealing manner and in a way that flows with the sequence of recipe

Estimated time for preparation: