



## Broccoli Soup

6 Servings • 1 Serving = 1 Cup

### INGREDIENTS

- 1 Tablespoon olive oil
- 1 large onion, chopped
- 3 gloves garlic, minced
- 1 pound broccoli, chopped
- 1 medium potato, chopped
- 1 quart low-sodium vegetable broth
- 1 teaspoon fresh thyme leaves
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper

### DIRECTIONS

1. Heat olive oil in a large saucepan and sauté onion and garlic until tender. Mix in broccoli, potato, and vegetable broth. Bring to a boil, reduce heat, and simmer for 15 minutes, until vegetables are tender.
2. With a hand mixer or in a blender, puree the mixture until smooth. Return to the saucepan and reheat. Season with thyme, salt, and pepper.

Nutrition Facts	
6 servings per container	
<b>Serving size</b>	<b>1 cup</b>
Amount per serving	
<b>Calories</b>	<b>80</b>
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 190mg	8%
Total Carbohydrate 13g	5%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 1mg	6%
Potassium 319mg	6%

\*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.

Recipe developed by the San Antonio Food Bank



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