

Broccoli and Watercress Soup

4 servings

1 tablespoon olive oil
2 cloves garlic, thinly sliced
1 yellow onion, roughly diced (about 2 cups)
5 cups broccoli (about 1 head), cut into small florets
4 cups vegetable or chicken stock
1/4 tsp Celtic sea salt
1/4 tsp black pepper, freshly ground
1 cup chopped watercress (arugula will be good too)

- Heat the olive oil in a medium soup pot over medium-low heat. Add the garlic and onion, and sauté for just a minute or until fragrant.
- Add the broccoli, and cook for 4 minutes or until bright green.
- Add the stock salt, and pepper; bring to a boil; lower the heat and cover. Cook for 8 minutes or until the broccoli is just tender.
- Pour the soup into a blender, and puree until smooth.
- Pour back into the soup pot. Add the chopped watercress and heat until watercress is just wilted.
- Taste to adjust salt and pepper. Serve garnished with a sprig of watercress.