

Creamy Curried Broccoli Soup

4 servings

1 head broccoli (about 6 cups)
2 Tb coconut oil
2 leeks, cleaned, white and light green parts sliced (about 1 cup)
1 medium onion, chopped
3 medium shallots, chopped (about 3/4 cup)
¼ medium apple, chopped
1 Tb [mild curry powder](#)
4 cups chicken or vegetable stock
Celtic sea salt
Freshly ground black pepper
1 cup full fat [coconut milk](#)

- Cut the big stems off the broccoli and chop the florets into medium size pieces. We will be blending so they don't have to be perfect.
- Trim off the hard, woody exterior of the stems and chop the soft flesh inside. You should have about 6 cups with tops and stems.
- Chop the leek, onions and shallots.
- Dice the apple
- When everything is chopped, heat a soup pot over medium heat. Add the coconut oil then the leeks, onion and shallots.
- Sauté on medium-low until softened, 5-10 minutes.
- Add curry powder and sauté 1 minute until fragrant.
- Add the broccoli, apple and broth. You should have enough liquid to barely cover the vegetables. If you need more add a little water.
- Turn the heat up to high and bring to a boil. Lower to a simmer and cook for 15 minutes until the vegetables are tender.
- Turn off the heat and let the soup cool slightly.
- Add coconut milk. In a blender or using an immersion blender, blend until soup is smooth and creamy.
- Return to the pot. Add salt and pepper to taste. Heat through.