

## Broccoli and Arugula Soup

This is a cleansing green soup with beneficial digestive spices. The coriander is a natural carminative which prevents or relieves gas. Fennel seeds are a lymph mover and strengthen the digestive fire. Broccoli is a high protein vegetable with 4 grams in 1 cup.

4 servings

1 Tb coconut oil  
2 cloves garlic, thinly sliced  
1 large yellow onion, roughly diced (about 2 cups)  
1 tsp ground coriander seeds  
½ tsp ground fennel seeds (I chopped the whole seeds I had)  
1 head broccoli (about 5 ½ cups), tops cut into florets, stems peeled and chopped (it doesn't have to be perfect, you are going to blend all but a few florets for garnish)  
4 cups vegetable, chicken stock or water  
¼ tsp Celtic sea salt  
¼ tsp black pepper, freshly ground  
1 cup chopped arugula

- Heat the oil in a soup pot over medium-low heat. Add onion, and sauté for just 5 minutes until soft, stirring frequently to prevent browning.
- Add garlic, coriander and fennel. Sauté 1 minute until fragrant.
- Add the broccoli, stock, salt, and pepper; bring to a boil; lower the heat and cover.
- After 4 minutes take out 4 nice florets for garnish.
- Cook for 4 minutes more or until the broccoli is just tender.
- Let cool for a few minutes so you don't burn yourself. Pour the soup into a blender, and puree until smooth.
- Pour back into the soup pot. Add the chopped arugula and heat until it is just wilted, 1 minute.
- Taste to adjust salt and pepper. Serve garnished broccoli florets.

