



Leek and Broccoli Soup

4 servings

6 cups broccoli 1 bunch (about 1½ lbs)

1 Tb olive oil

4 leeks, white and light green parts, washed well and sliced (4 cups)

2 cloves garlic chopped

4 cups vegetable or chicken stock

Celtic Sea Salt

Fresh Pepper

¼ tsp nutmeg

¼ cup parsley

- Cut broccoli tops off the stems. Save 1 cup of the tiniest florets and set aside. Chop remaining florets and stems coarsely. Keep stems and tops separate.
- Heat a medium soup pot. Add oil and leeks. Sauté on medium low heat for about 5 minutes until softened. Stir frequently so they don't get brown. Remove ½ cup for garnish.
- Add garlic and chopped broccoli stems. Cook for 2 minutes.
- Add stock and bring to a boil. Simmer for 10 minutes or until vegetables are tender.
- Add broccoli tops; cook for another 3 minutes

- Meanwhile bring a medium pot of water to a boil. Blanch the 1 cup of tiny florets for 60 seconds and drop into cold water to stop the cooking. Drain.
- Puree the soup in a blender. Return to the pot. Stir in salt, pepper, nutmeg and parsley. Heat through. Taste to adjust seasonings.
- Add in tiny florets and stir until hot.
- Serve, garnished with a few of the sautéed leeks.

A few more things...

- Instead of nutmeg and parsley, use 4 tsp fresh thyme.

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