

“Cream” of Broccoli Soup

Yield: Approximately 4 servings

- High heat fat of choice (avocado oil, ghee, coconut oil)
- 1 Medium onion, chopped
- 2 Ribs celery, chopped
- 2 Cups Russet or Yukon Gold potatoes, peeled and cut in large pieces
- 2 Cups Broccoli Florets and Stalks, coarsely chopped
- 1 Quart Vegetable or chicken stock, more as needed
- Salt and pepper to taste

Heat large soup pot or Dutch oven over medium heat. Add fat to generously coat bottom (about 2 tablespoons). Add onions and celery and cook until fragrant and starting to brown, about 5 minutes. Add potatoes, broccoli, and stock. Bring to a boil, lower heat to simmer, cover and cook until potatoes are cooked through and soft approximately 30 minutes.

Remove pan from heat. Using immersion or regular blender, puree soup until thick and creamy. If too thick, thin with additional stock. Season to taste with salt and pepper. Serve or refrigerate up to 5 days.

May be frozen up to 3 months.