

# Lemony Broccoli Soup

**Serving size:** 6 - 8oz; makes 8 servings

**Prep time:** 10 minutes

**Cook Time:** 15 minutes

**Total time:** 25 minutes

## Ingredients

- 2 pounds broccoli, trimmed and cut into florets
- 1/4 cup extra virgin olive oil
- 2 cloves garlic, peeled and smashed
- 4 cups homemade or low sodium vegetable stock
- 3/4 cup grated Parmesan cheese
- 1 lemon
- Salt and freshly ground pepper to taste



## Preparation

1. Bring a large, heavy pot of water to a boil. Add the broccoli and boil for five minutes. Drain the broccoli well and set aside.
2. Add the olive oil and garlic to the pot over medium heat. After a minute or two, when the garlic starts to soften and turn golden, add the broccoli, season with salt and pepper, and stir well.
3. Cover the pot, turn the heat down as low as it will go, and cook for about an hour, stirring occasionally, until the broccoli is soft enough that it yields when you press it with the back of a wooden spoon.
4. Add the vegetable stock and bring to a boil over medium-high heat. Simmer the soup for 5 minutes.
5. Carefully puree half the soup in a blender or food processor. Stir the puree back into the pot. Stir in the Parmesan and lemon juice to taste. Taste and adjust the seasoning. Serve hot.

## Nutritional Information

### Per serving

Calories: 93

Total Fat: 10 g

Saturated Fat: 1 g

Cholesterol: 8 mg

Total Carbohydrate: 6 g

Dietary Fiber: 1 g

Sugar: <1 g

Protein: 6 g

Sodium: 194 mg

Potassium: 311 mg