

Broccoli & Leek Soup

makes 6 one cup servings (98 calories each)



INGREDIENTS

- 1 Tbsp olive oil
- 1 ½ cups sliced leeks, white and pale green parts only
- 2 tsp minced garlic
- 1 cup peeled and cubed potato
- 6 cups broccoli florets
- 6 cups low sodium vegetable stock
- ½ tsp salt
- 1/8 tsp freshly ground black pepper

INSTRUCTIONS

- Heat the oil in a 4 quart saucepan over medium heat. Add leeks and cook until softened (3-4 minutes). Stir in the garlic and cook 1 additional minute. Add potato cubes and broccoli; cook, stirring until potatoes begin to soften (3-4 minutes).
- Pour in stock and bring to a boil; reduce heat and simmer, uncovered, until broccoli is tender (20-25 minutes). Puree in batches using a blender or an immersion blender. Add salt and pepper, then return to pot and warm through (2-3 minutes).