

Broccoli Ginger Soup with Coconut Milk



Makes:

12

Utensil:

10 Qt./9.5 L Roaster with Cover

Blender

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Contributed By:

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Recipe Description:

Non-starchy, low carb vegetables are a good source of vitamins, minerals and fiber. These low carb vegetables help to fill up without spiking blood sugar levels. Broccoli is loaded with vitamins A, C and K and Iron. Cook vegetables in this soup just until tender crisp to maintain the most nutrition.

2

cups

celery ribs, washed and sliced, Cone #4

(202

g)

2

cups

onion, sliced, Cone #4

(320

g)

2

tbsp

ginger, fresh, shredded, Cone #3

(16

g)

3

bunches

broccoli florets, cut into pieces and stems, sliced, Cone #4

1

tsp

natural salt

(6

g)

$\frac{1}{2}$

tsp

garlic powder

(1

g)

30

oz

coconut milk, low fat

(886

ml)

10

cups

vegetable or chicken stock

(2370

ml)

5

oz

baby spinach

(141

g)

scallions, minced for garnish (optional)

Directions:

1. Preheat 10 Qt. Roaster over medium heat until a sprinkle of water skitters and dissipates.
2. Sauté celery, onions and ginger for 3-4 minutes until softened
3. Add broccoli, salt and garlic to roaster and stir to combine, sauté for 1-2 minutes.
4. Add coconut milk and stock to roaster. Place lid on roaster and when Vapo-Valve? begins to click steadily, turn heat to low and cook for 15-20 minutes until broccoli is tender crisp.
5. Puree soup in blender or with immersion style blender until it reaches desired consistency.
6. Add spinach to blended broccoli soup in roaster, stir spinach into soup. The heat of the soup will wilt the spinach.
7. Taste soup and add additional seasonings as desired.
8. Serve soup hot, garnish with a minced scallions if desired.

Tips:

- Add additional shredded fresh ginger to top of each serving if desired.
- Homemade vegetable or chicken stock is a great to have on hand, make it without salt and add salt as needed.

Nutritional Information per Serving

Calories:

426

Total Fat:

10g

Saturated Fat:

9g

Cholesterol:

1mg

Sodium:

629mg

Total Carbs:

20g

Dietary Fiber:

2g

Sugar:

0g

Protein:

7g