

Cream of Yogurt-Broccoli Soup with Mint



Makes:

5 servings of 1 cup/252g each

Utensil:

Saladmaster Food Processor
3 Qt./2.8 L Sauce Pan with Cover
5 Qt./4.7 L Roaster with Cover
Whistling Tea Kettle

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Recipe Description:

This light and delectable soup can be served lukewarm or chilled and makes a wonderful beginning to any meal, or a light lunch or dinner. The hint of mint is the perfect touch for this fresh-tasting soup that is very low in calories and has almost no fat.

2
cups
brewed green tea
(480
mL)
4
cloves
garlic, shredded, use Cone #1
1
leek, sliced, use Cone #4
?4
jalapeño pepper, seeded and chopped
2
cups

vegetable stock
(480
mL)

3

cups
broccoli florets
(215
g)

¹/₄

cup
soymilk or rice milk
(60
mL)

³/₄

cup
yogurt, plain, light
(180
g)

2

heaping tablespoons
fresh mint leaves, minced
(11
g)

¹/₂

teaspoon
salt
(3
g)

¹/₄

teaspoon
pepper
(0.5
g)

Directions:

1. Place water and tea in tea kettle, bring to boil and maintain boil for 5 minutes. Remove from heat and allow to steep while performing other tasks.
2. Place roaster under Saladmaster Machine and shred and slice garlic and leek directly into roaster. Add pepper and place temperature setting to medium. Stir-fry until leek softens.
3. Add tea and stock to roaster and stir. Reduce heat to medium-low and simmer for 10 minutes.
4. While soup simmers, rinse broccoli, do not dry, and place in sauce pan and cover. Place heat on medium; when Vapo-Valve? clicks reduce heat to low and cook until fork-tender, approximately 5 minutes. Drain, if needed, and place in roaster.

5. Turn off heat. Add soy milk, yogurt, mint, salt and pepper. Stir to blend.
6. Place soup in blender or food processor and process until blended and creamy; may need to do in batches.
7. Serve lukewarm or chilled.

Tips:

- Use additional jalapeño pepper for spicier taste.

Nutritional Information per Serving

Calories:

122

Total Fat:

3g

Saturated Fat:

1g

Cholesterol:

3mg

Sodium:

930mg

Total Carbs:

20g

Dietary Fiber:

2g

Sugar:

4g

Protein:

6g