

## Creamy Broccoli Soup



### Prep:

15 minutes

### Total:

30 minutes

### Makes:

10 full servings

### Utensil:

Blender

1 Qt./9 L Sauce Pan with Cover

4 Qt./3.8 L Roaster with Cover

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### Contributed By:

Marni Wasserman

Certified Chef and Culinary Nutritionist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

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### Recipe Description:

Broccoli truly is a miracle vegetable. It is loaded with vitamin C, fiber and chlorophyll. It is great in marinated salads, lightly steamed or pureed into soups.

3

medium broccoli stalks peeled with florets (about 6 cups)

3

cups

filtered water

(700  
mL)<sup>1</sup>?<sub>2</sub>

cup  
chopped fresh parsley

(30  
g)<sup>1</sup>?<sub>2</sub>

teaspoon  
crushed dried rosemary

(1  
g)<sup>1</sup>

teaspoon  
dried thyme

(1  
g)<sup>1</sup>?<sub>2</sub> - 1

teaspoon

salt

(3 - 6

g)

fresh ground pepper to taste

### **White Sauce**

3  
tablespoons  
olive oil

(45  
mL)

3  
tablespoons  
brown rice flour (optional)

(30  
g)

2  
cups  
rice milk

(475  
mL)

### **Directions:**

1. Peel broccoli stems. Chop stems and florets into small pieces.
2. Place broccoli and water in roaster over medium heat. When Vapo-Valve? clicks, reduce heat to low and simmer until tender.
3. With a slotted spoon, remove one cup of broccoli florets and set aside.

4. Place remaining broccoli, liquid, parsley, rosemary, thyme, and salt in blender (or use a hand blender). Puree until smooth and return mixture to roaster.
5. Stir in broccoli florets and white sauce. Adjust salt if needed and add pepper to taste
6. Heat gently (do not boil) and serve immediately.

## White Sauce

1. Heat olive oil in sauce pan. Add the flour and cook on low for ten minutes. Stir in rice milk with a whisk, bring to a simmer until thickened, stirring constantly with the whisk. This is important - otherwise your sauce will be lumpy. If that happens, blend it or put it through a sieve.

### Nutritional Information per Serving

**Calories:**

82

**Total Fat:**

5g

**Saturated Fat:**

1g

**Cholesterol:**

0mg

**Sodium:**

266mg

**Total Carbs:**

9g

**Dietary Fiber:**

1g

**Sugar:**

2g

**Protein:**

2g