



CREAMY BROCCOLI SOUP

FLYNTKIDSCOOK

INGREDIENTS

8 cups	Broccoli, chopped
1	Yellow onion, chopped
2 cloves	Garlic, chopped
1 Tbsp	Olive oil
4 cups	Water ~or~ Vegetable broth
1 can (15 oz)	White beans, rinsed
Pinch	Salt and pepper

Toppings:

3 Tbsp	Lemon juice
1 cup	Non-fat plain Greek yogurt
1 cup	Shredded cheddar cheese

SUPPLIES & EQUIPMENT

- Knife and cutting board
- Large soup pot
- Large mixing spoon
- Can opener
- Liquid measuring cup
- Food processor ~or~ blender

DIRECTIONS

1. Chop the broccoli, onion, and garlic.
2. Heat oil in a large soup pot and add the chopped veggies. Sauté the veggies until they are tender, about 15 minutes.
3. Add the water and rinsed white beans to the pot with the veggies.
4. Transfer the soup to a food processor and blend until smooth. You may need to do this step in a few batches.
5. Return soup to the pot and season with salt and pepper. Bring to a boil and then let simmer for 10 minutes.
6. To finish the soup, you may stir the toppings into the whole pot of soup, or allow everyone to add their own toppings to their bowl.

*Recipe from www.eatright.org/

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