

Broccoli Soup

Recipe By *Brynie Greisman*



Cooking and Prep:  35
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Serves:  10

Contains:  

Preference: Dairy

Difficulty: Easy

Occasion: Chanukah, Nine
Days

Source: Family Table by
Mishpacha Magazine

Broccoli usually stars in salads, stir fries, and kugels. Here, frozen broccoli is easily transformed into a satisfying soup. Frozen veggies are picked and processed so quickly they often retain more nutrients than fresh.

Ingredients (14)

Main ingredients

- 1 tablespoon oil, preferably **Bartenura Olive Oil**
- 1 medium onion, chopped
- 1 red pepper, chopped
- 2 large cloves garlic, minced or 2 cubes **Gefen Frozen Garlic**
- 3 tablespoons flour

- 2 large carrots, coarsely chopped
 - 4 cups frozen broccoli
 - 6 teaspoons vegetable soup mix dissolved in 1 cup water
 - 5 cups of water (preferably boiled, to save time)
 - 1 to 2 teaspoons salt
 - 1/4 - 1/2 teaspoon black pepper
 - 1/2 teaspoon dry basil or 1 cube [Dorot Gardens Frozen Basil](#)
 - 1 tablespoon dry dill weed
 - yogurt or grated cheese
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Start Cooking

Make the Soup

1. Heat oil in a large saucepan over a medium heat. Add onion, red pepper, and garlic. Sauté for three to four minutes or until veggies are tender. Quickly stir in flour and mix well. Add carrots and broccoli.
2. Add the water, salt, pepper, basil, and dill. Bring to a boil. Reduce the flame and simmer, partially covered, for 20 minutes or until broccoli is tender. Remove the heat and let cool slightly.
3. While it is still in the pot, puree the soup with an immersion blender. Adjust seasonings to taste. Serve with a dollop of yogurt, or grated cheese, if desired.

Note:

This scrumptious soup is low in calories, low in carbs, and high in fiber, potassium, beta carotene, and vitamins A and C. It freezes beautifully.

Tip:

If you're using fresh broccoli (bug-free of course) and don't want to use the stems, they can be grated and used instead of cabbage when making stir fries.

A Word on Herbs: Although fresh herbs are more potent than dry herbs (use double the amount of fresh as dry) and really enhance the flavor of most dishes, I often prefer using dry herbs for their convenience. (I keep mine in the freezer.) If, however, you only use fresh herbs, mince or chop the leftovers and freeze them in small baggies or ice cube trays. Don't forget to label parsley, basil, and dill ... they all look similar chopped and frozen!