

Roasted Broccoli Soup

Recipe By Rivky Kleiman



Cooking and Prep:  1
h 35 m

Serves:  12

No Allergens

Preference: Meat

Difficulty: Medium

Diet: Paleo

Source: Family Table by
Mishpacha Magazine

Ingredients (12)

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- 1 (2-lb./907-g.) bag frozen broccoli
- 1 (1-lb./454-g.) bag frozen cauliflower
- 1 large shallot, sliced
- 1 large red onion, sliced
- 4 stalks celery, cut in chunks
- 1 head of garlic

- 6 tablespoons **Bartenura Olive Oil**, plus 1 additional tablespoon
 - 3 tablespoons **Haddar Kosher Salt**, divided
 - 7 cups beef broth (or 7 cups water with 2 tablespoons beef broth powder)
 - 3 cups water
 - 1/4 teaspoon nutmeg
 - 3/4 – 1 teaspoon black pepper
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Start Cooking

Roast the Vegetables

1. Preheat oven to 400°F (200°C).
2. Prepare a large double steamer pan. Place broccoli, cauliflower, shallot, red onion, and celery into pan.
3. Slice off the top of the garlic head. Place garlic head in the center of a small piece of silver foil. Drizzle with one tablespoon olive oil. Seal the foil tightly around the garlic head. Place the garlic head into the corner of your pan.
4. Drizzle six tablespoons olive oil and one tablespoon kosher salt over the vegetables. Mix well.
5. Bake 45 minutes to an hour, mixing occasionally, until vegetables become tender and slightly browned at the edges.

Cook the Soup

1. Transfer roasted vegetables into an eight-quart pot. Pop out the garlic cloves (by pressing from the bottom upward) into the pot. Add the broth, water, nutmeg, two tablespoons kosher salt, and pepper.
2. Bring to a boil. Reduce heat and simmer 30–35 minutes. Remove from heat.
3. Purée the soup with a hand blender.