

Creamy Broccoli-Avocado Soup

Prep: 20 minutes ~ **Cooking:** 30 minutes ~ **Yield:** 6 servings

Ingredients & Directions

4 cups homemade chicken stock, Bone Building Broth (Page 278) **or** preservative-free chicken or vegetable broth, divided

1 medium onion (about 1 cup), thinly sliced or diced

2 to 3 small cloves finely chopped garlic

1/2 teaspoon unrefined sea salt, or to taste

1/4 to 1/2 teaspoon ground chipotle (smoked dried Jalapeno pepper), start with less.

1/2 teaspoon ground cumin, optional

3 packed cups broccoli, stalks peeled and thinly sliced, tops cut into florets, tough part discarded

2 large ripe avocados, seeded, peeled, and chopped

1/4 cup minced scallions, parsley or cilantro leaves, **or** red or yellow bell pepper for garnish

Hot sauce **or** ground black pepper **or** lemon pepper, optional

1. Combine 2 cups broth or stock with onion, garlic, sea salt, and chipotle, in a 2-quart pot. Add cumin if desired. Cover and bring to boil over medium heat; reduce heat to low and simmer 15 minutes.
2. Add remaining broth and broccoli. Bring to boil, cover, reduce heat, and simmer 15 minutes until vegetables are tender. Do not boil or overcook broccoli.
3. In blender, Vita-Mix, or food processor, purée vegetables, liquid, and avocado in batches, holding top down with a towel and starting on low to avoid splattering.
4. Return soup to pot and warm gently. Ladle into bowls, garnish, and serve. Add hot sauce or black pepper to individual portions if desired. May also be served chilled.
5. Refrigerate and use within 3 days.

Nutrition

1 cup:

149 calories
4 g protein
11 g carbohydrate
(6 g fiber)
10 g fat
37 mg calcium
174 mg sodium

Avocado adds a rich taste and creamy texture to green vegetable soups without milk or cream. I got the idea from a "California Avocado Zucchini Soup" recipe created by the California Avocado Commission. I replaced zucchini with broccoli, increased the volume of vegetables and servings, and changed the seasonings. Fish, poultry, or meat and a bright yellow, orange, or red vegetable or fruit dish complete the meal. A green salad is optional.

Variations

- * Substitute zucchini, summer squash, or asparagus for broccoli and change the name of the recipe. Serve with a green salad, cooked greens or cauliflower.
- * For milder flavor, omit chipotle. Add 1/2 teaspoon ground black pepper **or** lemon pepper and 1/4 teaspoon ground nutmeg **or** 1 teaspoon dried or 1 tablespoon fresh dill weed. Add hot sauce to servings if desired.