



BROCCOLI SOUP

This soup is rich, smooth, and simpler than anyone will ever suspect. Serve with fresh bread for a quick, healthy meal.

- 1-2 medium broccoli clusters
- water
- 1 tablespoon sea salt + more to taste
- 1 tablespoon fresh ground black pepper
- goat cheese / Parmesan (optional)
- walnuts (optional)

Bring water to a boil in a large stock pot. Add a large pinch of salt, stir, then add broccoli and boil rapidly. If using goat cheese, dip the knife into the boiling hot water before each slice for smooth, even cuts. Cut two slices per bowl. Your broccoli is finished cooking when you can pierce it with little or no effort. Remove the stock pan from the stove burner. Do not pour the water out. Using a slotted spoon, add broccoli to a blender. Pour enough of the boiled water to fill the blender half way. Add a pinch (or more) of salt. Use several pulses on your blender to break the broccoli up and then puree for several seconds. Add several walnuts to the bottom of a shallow bowl, then place goat cheese slices on top. Pour soup into bowl, then drizzle lightly with olive oil. If using Parmesan, grate a small amount on top and sprinkle with walnuts. Serve immediately.

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