

Creamy Broccoli Soup



The Ingredients

- 1-2 tbsp olive oil
- 1 yellow onion, chopped
- ½ cup chopped celery (about 2 stalks)
- 1 clove garlic, minced
- ¼ tsp freshly ground black pepper
- 4 cups reduced-sodium vegetable broth or stock
- 5 cups broccoli florets, roughly chopped (one 12-oz. bag)
- 1 15-ounce can white beans, drained and rinsed
- ¼ tsp nutmeg
- ½ cup plain Greek yogurt

Directions

- Place the oil in a large saucepan over medium heat. Add the onions and cook until softened and slightly browned, about 7 minutes. Add the celery, garlic and pepper and cook for 5 more minutes, stirring occasionally. Add more oil if the pan becomes too dry.
- Add the broth, cover and bring to a boil. Add the broccoli and reduce the heat to medium, cover and cook for about 5 minutes.
- Add the beans and cook for 5 more minutes uncovered, stirring occasionally. Mix in the nutmeg.
- Place an immersion blender into the soup and blend until the desired consistency is reached, or transfer the soup carefully to a blender or food processor.
- Add the yogurt for extra creaminess and continue to blend until the soup reaches your desired consistency.