

Broccoli Soup

2 tsp	olive oil
2	onions, finely chopped
2	carrots, finely chopped
1	celery stalk, finely chopped
2	garlic cloves, minced
	stems from 1 broccoli, finely chopped
1 tbsp	whole wheat flour
6 cups	chicken broth, low sodium
2	bay leaves
¼ tsp	freshly ground pepper
½ cup	brown & wild rice blend, cooked

- In a large heavy saucepan, heat oil over medium heat; stir in flour; cook for 1 minute. Add onions, carrots, celery, garlic and broccoli stems, stirring occasionally, for 5 minutes or until softened.
- Stir in chicken broth, bay leaves and pepper. Bring to boil, then cover and simmer for 20 minutes until vegetables are tender. Remove bay leaves.
- Using a blender, immersion blender or food mill; pulse soup to smooth vegetable chunks. Stir in cooked rice. Makes 6 servings.

Recipe by Gary Barone.