



# CHEESY BROCCOLI SOUP

SERVES 2 OR 4

TIME: 30 MIN

CALORIES: 350/SERVING



Packed full of veggies and topped with pumpkin seeds, this warming cheesy broccoli soup is what you need on chilly nights.

## WHAT YOU'LL NEED

- Large pot or Dutch oven
- Blender, immersion blender, or food processor
- Oil
- Salt
- Pepper





## WHAT'S INSIDE

2 servings    4 servings

Onion	1	2
Celery	1 stalk	2 stalks
Carrot	1	2
Potato	1	2
Garlic	1 clove	2 cloves
Broccoli	1 head	2 heads
Soup stock	1 cup	2 cups
Lemon	1	1
Pumpkin seeds	1 tbsp	2 tbsp

## Nutrition Facts Valeur nutritive

Per Serving (685 g)  
pour 1 (685 g)

Calories 350	% Daily Value*
Fat / Lipides 11 g	% valeur quotidienne*
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 56 g	
Fibre / Fibres 11 g	39 %
Sugars / Sucres 9 g	9 %
Protein / Protéines 13 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 540 mg	23 %
Potassium 1700 mg	36 %
Calcium 300 mg	23 %
Iron / Fer 3.5 mg	19 %

\*5% or less is a little 15% or more is a lot  
\*5% ou moins c'est peu 15% ou plus c'est beaucoup

## OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!



Prep ingredients: chop the **onion, celery, carrot, potato,** and **broccoli** and mince the **garlic**. Mix 1 cup of hot water into the **soup stock** (2 cups for 4 servings) and stir to combine.



In a large Dutch oven or pot, heat 1 tbsp of **oil** (2 tbsp for 4 servings) over medium heat. Add the **onion, celery, carrot,** and **potato**. Sauté for about 10 minutes until softened. Add the **garlic** and cook for 1 minute.



Add the **broccoli** and **soup stock** and bring to a simmer. Simmer for about 5 minutes until the **broccoli** is cooked through.



Remove 3/4 of the **broccoli** and set aside. Add the **juice from half the lemon** (full lemon for 4 servings), and 1/2 tsp of **salt** (1 tsp for 4 servings) and pour into a blender or food processor, or use an immersion blender. Blend until smooth then return to the pot and return **reserved broccoli** to the pot.



Divide between bowls and top with **pumpkin seeds**. Season with **salt** and **pepper** to taste and serve with remaining **lemon**.