

WHAT'S COOKING? *Nutritional Series*

RECIPES & INFORMATION FOR LIVING A HEART-HEALTHY LIFESTYLE



DR. SINATRA'S

BROCCOLI & CAULIFLOWER SOUP

Warming soups are a wonderful way to get a variety of [fresh vegetables](#) into your diet, and may even get you to associate fresh vegetables with “comfort food.” This nourishing soup is filled with cruciferous compounds that help [protect against cancer](#) as well as insoluble fiber to support [detoxification](#) and overall health. [Onions and garlic](#) not only bring savory flavor to the mix, but, as allium vegetables, they add [antioxidants](#) that can help lower [blood pressure](#). As always, I recommend using [organic vegetables](#) whenever possible.

- 2 Tbsp extra virgin [olive oil](#)
- ½ pound fresh broccoli, chopped
- ½ pound fresh cauliflower, chopped
- 2 medium leeks or 1 medium onion, peeled and chopped
- 2 to 3 garlic cloves, minced
- 4 to 5 cups chicken or vegetable broth, preferably organic
- ¼ teaspoon sea salt
- Black pepper to taste
- Juice of one small lemon
- 1 teaspoon minced ginger root (optional)
- Curry powder, lemongrass powder, or Chinese five-spice powder, to taste (optional)
- 4 to 6 heaping teaspoons of plain Greek yogurt (optional; makes sure it is free of r-BGH, i.e. recombinant bovine growth hormone)

In a large saucepan, heat the garlic and leeks or onions in olive oil over medium-low heat until tender, about 5 to 10 minutes. Add broccoli and cauliflower, and cook for a few minutes, stirring frequently. Add chicken or vegetable stock and bring soup to a boil over medium heat, then simmer on low heat for 30 minutes, until the vegetables are soft.

Remove the soup from heat and add ginger. Let it cool for 10 minutes or so, then puree it in batches in a food processor or blender. Return the soup to the pot, reheat on medium-low, and add lemon juice, salt and pepper. To give the soup a more exotic flavor, try adding one of the spices mentioned above, to taste. Ladle into bowls and garnish with a dollop of Greek yogurt, if you wish. Serves 4 to 6.