



A Recipe from

Kitchen



DR. SINATRA'S WARM BROCCOLI SOUP

This soup is very thick. If you prefer yours thinner, add a little more water.

Choose organic produce whenever possible

- 2-3 pounds of [broccoli](#), woody bottom part of stalk removed, remaining stalk peeled; chop remaining stem and florets
- 1 low-sodium organic vegetable bouillon cube, or 3 cups low-sodium vegetable stock
- Pinch Asian seasoning such as lemongrass powder, ground [ginger](#) or five-spice powder
- 2 heaping teaspoons [Greek yogurt](#)

Place the broccoli in a medium pot with 3 cups water (or stock, if using instead of bouillon cube) and bring to a boil. Reduce the heat to medium and cook for 6 minutes, or until the broccoli is tender. Add in the bouillon cube and Asian seasoning. Using an immersion blender, puree the soup. This may also be transferred to a standing blender and pureed. Pour into two bowls and top with Greek yogurt. Serve warm. Serves 2.

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