

Cream of Broccoli Soup (vegan)

Serves 6-8

- 1 medium yellow onion, diced
- 4-5 cloves garlic, minced
- 2 carrots, peeled and chopped
- 2 ribs celery, chopped
- 425 g broccoli
- 720 ml water
- 240 ml 7-11 糖質ー75%オフ調整豆乳
- 2 small potatoes, peeled
- 2 tsp (10-11ml) reduced-sodium shoyu
- Pepper to taste (also smoked paprika, lemon juice, herbs)



1. Add **onion**, **garlic**, **carrots** and **celery** and **potatoes** to pot with a little **water** and cook until they start to soften a bit, **about 6-7 minutes**.
2. Add **broccoli**, **stock** and **soy milk** and simmer of **medium heat** until everything is tender, **about 20-25 minutes**.
3. Pour soup into blender and process until smooth (or use immersion blender)
4. Season with **shoyu**, and **pepper**.

Total kcal for a 300g serving: 126kcal

Protein = 6.6g
Fat = 1.8g
Sat. Fat = 0.3g
Carbs = 24g
Sugars = 4.8g
Fiber = 5.4g
Sodium = 200mg
Omega-3 = 0.06g