



Broccoli and Mushroom Soup (L)

Serving: 1

Veg

Ingredients

- Florets broccoli (7-8)
- 1 tsp oil
- fresh mushrooms(5-6)
- 1 tsp reduced-sodium soy sauce
- 1 celery ribs, finely chopped
- 1 tbsp finely chopped onion
- 1 clove garlic , chopped
- 1 cup vegetable broth
- 1/2 cups water
- 1 tablespoons lemon juice

Preparation Method

- Cut broccoli florets into bite-size pieces. Peel and chop stalks.
- In a large saucepan, heat oil over medium-high heat; saute mushrooms(half) until tender, 4-6 minutes. Stir in soy sauce; remove from pan.
- In same pan, combine broccoli (half),, celery, garlic, broth and water; bring to a boil. Reduce heat; simmer, uncovered, until vegetables are softened, 10-15 minutes.
- Puree soup using an immersion blender. Or, cool slightly and puree soup in a blender; return to pan. Stir in florets and mushrooms; bring to a boil. Reduce heat to medium; cook until broccoli is tender, 8-10 minutes, stirring occasionally. Stir in lemon juice.