**Broccoli Soup**

Prep time: 10 min Cook time: 20 min

**Ingredients:**

* 200 gms of broccoli chopped
* 2 tbsp extra light olive oil
* ¼ cup chopped onions
* 2 garlic cloves chopped
* 1 tbsp whole wheat flour
* 1 cup vegetable stock (can be made with powdered vegetable stock)
* 1 cup toned milk (hot)
* 1 pinch grated nutmeg
* 2 tbsp basil leaves cut
* Low sodium salt, pepper & oregano, to taste

**Instructions:**

1. Boil water with ½ tsp salt, turn off the heat, add broccoli, soak for 30 sec, then drain.
2. Heat olive oil, sauté onions & garlic for a few minutes.
3. Stir in whole wheat flour and cook for 2 minutes.
4. Add broccoli and vegetable stock, cover, and let simmer for 6-8 minutes.
5. Let cool, then blend until smooth.
6. Return to the pan, mix in hot milk, season with nutmeg, basil, oregano, salt, and pepper.
7. Simmer briefly and serve hot with whole wheat or sourdough bread.