

CREAM OF BROCCOLI SOUP MAKEOVER

Makes 6 Servings

INGREDIENTS:

- 1 tablespoon extra virgin olive oil
- 3 green onions, trim 1 inch off ends and then cut into thin rounds (about $\frac{3}{4}$ cup)
- 1 clove garlic, minced
- One 16-ounce bag frozen broccoli florets
- One 15-ounce can cannellini beans, drained and rinsed
- One 32-ounce carton all-natural vegetable broth (4 cups)
- 1 cup frozen petite peas, thawed
- 2 tablespoons fresh mint
- 2 tablespoons fresh tarragon

Optional toppings: Croutons, shredded low-fat cheese, plain Greek yogurt, additional chopped herbs and green onion

DIRECTIONS:

1. Heat the oil in a saucepan over medium-low heat. Add the onion and cook, stirring frequently until golden, 4 to 5 minutes. Add the garlic and cook, stirring constantly, until golden and fragrant, 30 to 60 seconds.
2. Add the broccoli, beans, and broth; cover, raise the heat, and bring to a boil. Reduce the heat and simmer, covered, 10 minutes.
3. Add the peas and herbs, and use an immersion blender to puree the soup. If you don't have an immersion blender, let cool slightly, transfer to a blender, and puree in batches until very smooth. Re-heat the soup until warmed through.
4. Season with salt and pepper to taste, and serve in individual bowls with optional toppings.

Nutrition Information per Serving (1 generous cup):

150 calories, 2.5g fat, 0g saturated fat, 22g carbohydrate, 470mg sodium, 9g fiber, 7g protein, 50% vitamin C

Recipe Created by Liz Weiss, MS, RD, co-author, No Whine with Dinner: 150 Healthy, Kid-Tested Recipes from The Meal Makeover Moms (<http://mealmakeovermoms.com>)

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