

“Cream” of Broccoli Soup

This simple souped can be enjoyed warm or chilled. Serve it with chunks of leftover chicken, steak, or crab to make it a complete meal.

“Cream” of Broccoli Soup

Prep Time	Cook Time	Yield
5 to 10 minutes	12 to 15 minutes	3 to 5

Amount	Ingredient
2	lb Broccoli
2	Small avocados
4	cup Bone Broth (chicken)
1/4	tsp Ground mace
	Salt (to taste)

Instructions

1. Wash and cut the broccoli into florets. Slice the stems (peel them if they are tough). Peel and pit the avocados and cut the flesh into medium-sized chunks.
2. Bring the bone broth to a simmer in a saucepan over medium-high heat.
3. Add the broccoli and cook for 7 to 8 minutes, until dark green and tender.
4. Reduce the heat to low. Add the mace and avocado has warmed.
5. Puree with an immersion blender (or in a blender or food processor). Taste and add salt, if desired. Enjoy!

Variations:

You can replace the broccoli with cauliflower, broccoflower, or any mix of fresh vegetables you like.

Cream of Asparagus Soup: Replace the broccoli with asparagus, omit the mace, and add 1 cup of Coconut Cream.