



BROCCOLI AND WHITE BEAN SOUP

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

Serves 2

1 tablespoon olive oil
1 large onion, chopped
2 heads of broccoli
800ml vegetable or chicken stock
400g tin white cannellini beans
salt and pepper

METHOD

1. In a large saucepan sauté your onion in the olive oil for 8 minutes.
2. While the onion is sweating cut the broccoli stalks away from the florets and chop.
3. Add the broccoli stalks to the cooked onions and cook gently.
4. Add the stock and broccoli florets.
5. Cook until the broccoli is tender.
6. Add the content of the saucepan to a high speed blender along with the tin of cannellini beans and blend well.
7. Season well with a good pinch of salt and grinding of pepper.
8. If needed add more water for a thinner consistency or a little coconut milk for a more creamy and indulgent soup.