

Creamy Broccoli Soup

Broccoli is loaded with vitamins and minerals as well as phytochemicals. Phytochemicals are compounds found in plants which may help fight disease.

- 1 medium onion, chopped
- 2 Tablespoons olive oil
- 2 cloves garlic, chopped
- 1/4 teaspoon black pepper
- 1/2 teaspoon salt
- 1/4 teaspoon nutmeg, ground
- 1/2 teaspoon paprika
- 1/2 teaspoon oregano
- 2 large potatoes, peeled and cubed
- 1 head broccoli finely chopped
- 1 1/2 cups evaporated nonfat milk (one 12 oz. can)

1. Sauté onion in olive oil until translucent.
2. Add garlic and cook for another minute.
3. Add spices and cook for half a minute until fragrant.
4. Add potatoes and enough water to cover, and bring to a boil. Reduce heat to medium and cook, stirring occasionally.
5. When potatoes are tender, add broccoli and cook until tender but still green, 3 to 5 minutes.
6. Stir in evaporated milk. Puree the mixture with a stick (immersion) blender, food processor or blender to desired consistency.

Servings:	8
Serving Size:	1 1/4 cup
Calories	170
Total Fat	4g
Saturated Fat	1g
Cholesterol	1mg
Sodium	231mg
Total Fiber	4g
Protein	8g
Carbohydrates	28g
Potassium	815mg