

BROCCOLI STALK SOUP

SERVES 6

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2 Tablespoons unsalted butter or unrefined cold-pressed olive oil
1 medium onion, chopped
2 large garlic cloves, chopped
2 ¼ - 2 ½ pounds broccoli stalks, ends and any tough woody layers removed
1 large Yukon Gold potato, about 8 ounces, peeled if desired and cut into 1-inch pieces
6 cups chicken or vegetable stock, preferably homemade
2-3 teaspoons sea salt
freshly ground pepper to taste

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1. In a large pot over medium heat, melt the butter or warm the oil. Add the onion and garlic and sauté, covered, until tender and translucent, about 6 minutes.
2. Add the broccoli, potato, stock and salt. Bring to a boil over high heat and then lower to a simmer. Cook partially covered until potatoes and broccoli stalks are tender, about 20 minutes.
3. Puree soup with an immersion blender or in batches in a blender. Taste for seasoning.

Notes: You can stir in shredded cheese before serving, garnish with grated Parmesan or Pecorino, top with grilled cheese croutons or chopped chives