

EatingWell

Pureed Broccoli Soup

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In this easy broccoli soup recipe, broccoli cooks together with onions, celery, garlic and fresh herbs and is puréed into a delicious creamy soup. Try this healthy broccoli soup alongside grilled cheese sandwiches or as a starter for a simple dinner.

EatingWell Test Kitchen

Total: 45 mins**Servings:** 4

Ingredients

1 tablespoon butter

1 tablespoon extra-virgin olive oil

1 medium onion, chopped

1 stalk celery, chopped

2 cloves garlic, chopped

1 teaspoon chopped fresh thyme or parsley

8 cups chopped broccoli (stems and florets)

2 cups water

4 cups reduced-sodium chicken broth, “no-chicken” broth (see Note) or vegetable broth

1/2 cup half-and-half (optional)

½ teaspoon salt

Freshly ground pepper to taste

Directions

Step 1

Heat butter and oil in a Dutch oven over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme (or parsley); cook, stirring, until fragrant, about 10 seconds.

Step 2

Stir in broccoli. Add water and broth; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook until very tender, about 8 minutes.

Step 3

Puree the soup in batches in a blender until smooth. (Use caution when pureeing hot liquids.) Stir in half-and-half (if using), salt and pepper.

Tips

To make ahead: Cover and refrigerate for up to 4 days or freeze for up to 3 months.

Tips

Note: Chicken-flavored broth, a vegetarian broth despite its name, is preferable to vegetable broth in some recipes for its hearty, rich flavor. Sometimes called “No-Chicken Broth,” it can be found with the soups in the natural-foods section of most supermarkets.

Tips

Read more: [Got Extra Veggies? Turn Them Into Pureed Soup with This Simple Formula](#)

Nutrition Facts

Serving Size: about 2 cups

Per Serving: 160 calories; protein 8.7g; carbohydrates 16.5g; dietary fiber 5.4g; sugars 3.6g; fat 8.5g; saturated fat 2.8g; cholesterol 7.6mg; vitamin a iu 2342.4IU; vitamin c 95.3mg; folate 162.4mcg; calcium 85.2mg; iron 1.6mg; magnesium 38.2mg; potassium 698.9mg; sodium 434.2mg; thiamin 0.1mg.

Exchanges: 2 1/2 vegetable, 1 1/2 fat

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