

Life With Lovebugs

A family site for moms & their little lovebugs!



Ingredients:

- 1 tbsp extra virgin olive oil
- 1 small onion, diced
- 2 garlic cloves, minced
- 2 celery stalks, minced
- 1 lb roughly chopped broccoli stems & florets
- 2 cups vegetable broth
- 1/2 c 1% milk
- salt & pepper to taste
- 2 tbsp fresh lemon juice
- reduced fat cheddar cheese, for garnish if desired

Directions:

1. Heat oil in a large sauce pan and cook onions, garlic and celery until soft, about 7 minutes.
2. Add broccoli and sprinkle with salt & pepper. Add vegetable broth and milk. Stir until combined.
3. Bring to a simmer, cover slightly and cook over low heat. Cook until the broccoli is very tender, about 25 minutes.
4. Transfer soup in batches to a blender and puree until smooth.
5. Pour the soup back into the pan and add lemon juice. Cook until warm. Sprinkle with reduced fat cheddar cheese, if desired.