

## Broccoli Soup



Serves 6

### Ingredients:

- 2½ tbsp olive oil
- 2 medium onions, sliced
- 2 bunches broccoli, cut in 2" chunks
- 4 cups vegetable broth
- 2 tbsp fresh lemon juice
- 1 tsp salt
- Freshly ground black pepper to taste
- 2 tbsp curry powder

**Procedure:**

- Heat the olive oil in a large skillet over medium-high heat.
- Sauté the onions until translucent for 5 minutes.
- Add the broccoli and sauté another 4 minutes to release the flavor.
- Add the broth and cook covered for 15 minutes until tender.
- Add the lemon juice, salt, pepper, and curry, and puree in two batches in a blender.
- Serve hot.

**Per serving:**

- Calories: 88
- Protein: 2 gm
- Carbohydrates: 7 gm
- Fat: 6 gm

This is a deliciously healthy soup.