

## **Winter Broccoli Soup**

### **INGREDIENTS:**

- 1 large celery rib, thinly sliced
- 1 medium bunch broccoli, florets only, coarsely chopped
- 1 medium onion, chopped
- 2 small parsnips, peeled and sliced
- 4 cups fat-free reduced sodium chicken broth or vegetable broth
- Salt and freshly ground black pepper to taste
- 2-3 tsp. lemon juice, optional
- Chopped fresh parsley for garnish



### **INSTRUCTIONS:**

1. In a deep saucepan place celery, broccoli, onion, parsnips, broth and pepper. Cover tightly and bring to boil over medium-high heat. Reduce heat and simmer until vegetables are very tender, about 20 minutes.
2. In a blender, puree soup until velvet-smooth. Serve in bowls or pour into mugs. Garnish with parsley if desired.

### **NUTRITIONAL VALUE:**

Calories: 106  
Fat: 1 g  
Protein: 6 g  
Carbs: 6 g

**Makes 4 Servings**