



Simply Vibrant Broccoli Soup

This luscious veggie-filled soup is terrifically tasty and super simple. It seems creamy, but there's no cream – the soft tofu is what makes it so. Enjoy!

Makes: 4 dinner-size servings

1 large shallot, chopped
2 tbsp olive oil
2 large cloves garlic, minced
1 big bunch broccoli, washed and cut into “trees”
3 cups baby spinach, loosely packed
4 cups (1 L) no added salt chicken broth
1 package (300 g) silken (soft) tofu
1 tsp (5 mL) thyme
½ (2 mL) teaspoon salt
½ (2 mL) teaspoon freshly ground pepper
Pinch hot pepper flakes

Garnish

1 cup (250 mL) old cheddar cheese

In a large pot, over medium heat, sauté the shallot in olive oil until slightly softened. Add the garlic, sauté for about 30 seconds.

Add broccoli, spinach and broth to the pot. Simmer until broccoli is tender – about 10 to 12 minutes.

Stir in tofu, thyme, salt, pepper, and hot pepper flakes.

Remove from heat. Puree with an immersion blender directly in the pot (or in small batches in a blender). Add more broth if desired, reheat until warmed through.

Adjust seasoning to taste. Ladle into bowls and top with grated old cheddar.