



# Cream of Broccoli Soup

*Kitchen scrap: Broccoli stems*

Yield: 4 servings    Prep time: 15 min.    Cook time: 20 min.

## Ingredients

- 2 stems of broccoli, florets as needed
- 1 tablespoon canola oil
- 1/2 medium onion, chopped
- 2 cloves garlic, minced
- 1/8 teaspoon red pepper flakes
- 1/4 teaspoon Italian seasoning
- Salt and pepper to taste
- 3 cups chicken broth

**WASTELESS**  
*recipes*

*Adapted from Clean & Delicious – Dani Spies*

## Directions

1. Peel broccoli stems to remove tough skin, then cut into small pieces. Measure out 4 cups, using florets as needed.
2. In a pot, heat canola oil on medium-low heat, then add onions, garlic, broccoli stems, and seasonings, stirring occasionally.
3. Cook until vegetables are slightly tender, about 10 minutes.
4. Pour 2 cups broth into the pot and continue cooking vegetables until they are soft enough to blend smoothly.
5. Remove the vegetable mix from the stove, add remaining 1 cup of broth, and blend for 10-15 seconds once cool.
6. Serve soup with small crackers, croutons, or a side of bread, and enjoy!

### Notes:

After blending, add milk for a creamier taste!