

Broccoli and Fennel Soup

Leanne Foreman
www.easyreadrecipes.com

measuring cups and spoons
soup pot
chopping board and knife
heatproof stirring spoon
blender or stick blender
4 serving bowls
scissors for snipping

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1. In the soup pot over a medium heat, **warm** **1 TBS olive oil**
 2. Add and **sauté** until soft **1 large onion or leek**, chopped
1 bulb fennel (~450g or 1lb), chopped
2 cloves garlic, finely chopped (optional)
 3. **Add** **1 head broccoli** (~450g or 1lb), chopped
4 cups vegetable stock
2 tsp chopped fresh thyme (optional)
 4. Bring to the boil and **simmer** for 20 mins.
 5. Carefully **blend** until smooth with **½ tsp powdered greens** (optional)
 6. **Season** to taste with **pink or sea salt**
 7. **Serve** and **garnish** with freshly cracked **black pepper**
snipped **fennel fronds**
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