

BROCCOLI VEGETABLE SOUP

PREP TIME: 5 MIN COOK TIME: 20 MIN TOTAL TIME: 25 MIN.

INGREDIENTS

2 tablespoons olive oil
1 cup Full Circle Market Organic Pepper Strip & Onion, thawed
2 medium carrots, peeled and diced
2 stalks celery, diced
3 garlic cloves, minced
1 (12-ounce) bag Full Circle Market Organic Broccoli Florets
6 cups Full Circle Market Organic Vegetable Broth
1 tablespoon chopped fresh thyme
Kosher salt and freshly ground pepper, to taste
2 cups fresh baby spinach
2 tablespoons fresh lemon juice
Full Circle Market Organic Sour Cream, for serving
Chopped fresh cilantro, for serving

METHOD

1. Heat the olive oil in a large pot over medium heat. Add the pepper strip & onion, carrots and celery, and cook for 5-6 minutes, or until the vegetables are tender. Add the garlic and broccoli and cook for 1 minute.
2. Add the vegetable broth and thyme to the pot and bring to a boil. Season with salt and pepper. Reduce to a simmer and cook for 15 minutes. Add the spinach and lemon juice and continue to simmer for 5 minutes.
3. Remove the soup from the heat. Using a handheld blender, food processor or blender, puree the soup until smooth. Serve in bowls, and top with sour cream and cilantro.



SERVES

6

