

Broccoli Soup

Serves 4-6



Try adding pieces of cooked chicken to this creamy soup for a hearty main dish.

- 1 head cauliflower, cut up
- 1 head broccoli, cut up
- 3 leeks, white and some green, chopped and washed thoroughly in two water baths
- 2 Tbs. real butter
- 2-1/2 to 3 c. homemade chicken broth
- 2 tsp. salt
- 1 c. homemade SCD yogurt
- 1 c. Gouda or Cheddar cheese, shredded (pre-grated cheese contain starches)

Cut up cauliflower and place in a large saucepan with 1 c. of your chicken broth. Cover and simmer

for 10 minutes. Add broccoli, cover and continue cooking until cauliflower and broccoli are tender, about 10 to 15 minutes longer. Cool slightly.

Meanwhile, sauté leeks in butter until tender. Set aside.

In batches, puree cauliflower mixture and leeks in a food processor until creamy, adding additional broth as needed. Pour into a saucepan. Add remaining broth, salt, yogurt, and grated cheese and reheat, stirring until cheese is melted, but do not boil. Correct seasonings and serve. Garnish with grated cheese and a little chopped cooked broccoli, if desired.