

Broccoli Leak Soup

1 Tbsp EVOO

2-3 leeks, washed and cut into 1-inch pieces using white and light green parts

4 medium sized broccoli crowns and stem roughly chopped

6 cups vegetable broth

1 tsp pepper

Grated cheddar cheese and chives optional for topping

Heat oil in large skillet over medium heat. Add leeks and cook 4-5 minutes, stirring frequently. When leeks are softened, add broccoli and cook additional 2 minutes, stirring frequently until they change color and are slightly fragrant. Add vegetable broth, and bring contents to simmer. Cook for 30 minutes, or until broccoli is softened. Using an immersion blender (or working in small batches with counter blender), blend until smooth. Serve with pepper, cheddar cheese and/or chives as desired.

Best for the Follicular Phase

