

From Kathryn's Kitchen
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Broccoli Soup

Prep Time: 10 minutes
Cook Time: 25 minutes
Servings: Four (2 cups each)



Ingredients:

- 16 oz. bag frozen broccoli
- 1 small red potato, diced
- 1 clove garlic, minced
- 1 stalk of celery, chopped
- 1 Vidalia onion, diced
- 2 TBSP extra-virgin olive oil
- 2 TBSP butter (grass fed)
- 32 oz organic chicken bone broth
- 2 TBSP fresh parsley, chopped

Directions:

Heat butter and olive oil in a 6-quart stockpot over medium heat until the butter is melted. Add garlic, onion and celery; cook stirring occasionally, until softened, 4 to 6 minutes. Stir in potatoes and add the chicken broth, cover and simmer for 10 minutes, add the frozen broccoli and simmer another 10 minutes. Transfer to a blender, add fresh parsley and puree until smooth. Divide into four glass bowls (2-cups each) with lids and refrigerate.

To Serve: re-heat individual servings as needed and mix in one scoop of Arbonne Protein Boost per serving.



*Enjoy,
Kathryn*

