



Makes 9 Cups
Cook Time: 40 minutes

INGREDIENTS:

2 pounds broccoli with stems
1/2 medium onion, roughly chopped
1 small potato, scrubbed and roughly chopped
1 teaspoon garlic powder
2 cups fresh or frozen green peas
1/8 teaspoon freshly ground black pepper
3 tablespoons fresh lemon juice (from 1 to 2 lemons)
1 tablespoon finely chopped fresh dill
Sea salt

Cream of Broccoli Soup

This cream of broccoli soup is delicious, and making it gives you the enormous satisfaction of transforming a large amount of broccoli into a luscious and creamy soup.

This Cream of Broccoli Soup recipe and other 30-minute meals are also available in our convenient [iPhone app](#) and newly released [Android app](#).

By Darshana Thacker Wendel

- 1 Cut the broccoli into large pieces, keeping the florets separate from the stems. Peel any very tough stems.
- 2 Place the stems in a large soup pot and add the onion, potato, garlic powder, and 3 cups water. Bring to a boil over high heat.
- 3 Reduce the heat to medium and cook for 10 minutes.
- 4 Add the broccoli florets and peas to the pot and cook until the broccoli is very tender, about 15 minutes.
- 5 Carefully transfer the soup to a blender, working in batches if necessary, and blend until smooth. (Alternatively, use an immersion blender to purée the soup in the pot until smooth.)
- 6 Return the soup to the pot. Add water so that the consistency of the soup is moderately thick. Stir in the pepper, lemon juice, dill, and salt to taste.
- 7 Bring to a boil.
- 8 Turn off heat and serve immediately.