

# BROCCOLI SOUP

2 Tbsp cold pressed oil

1 onion, chopped

1 stalk celery, chopped

1 clove garlic, crushed

500 g broccoli, chopped small

2 medium grated carrots

½ cup hot tap water

seasoning

½ tsp nutmeg

2 cups stock or water

Optional - 150 ml soy cream

Heat oil in saucepan over medium heat, add onion, celery, garlic, broccoli, carrots and the hot water. Stir and cook 3-4 minutes.

Stir in seasoning & nutmeg, then add stock or water. Simmer until vegetables are tender stirring from time to time.

Put through blender. Optional - stir in 150 ml cream and reheat gently, serve with a parsley garnish if desired.

