



Recipes

Soup

Creamy Broccoli Soup

Prep Time: 10 minutes

Cooking Time: 30 minutes

Yield: 4 servings

Ingredients:

- 1 bunch broccoli
- 5 cups water
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 tablespoons barley miso
- 1 cup cooked brown rice

Directions:

1. Wash broccoli and separate stems from florets.
2. In a pot, bring water to a boil.
3. Add broccoli stems, onion and garlic.
4. Reduce heat and simmer for 15 minutes.
5. Remove 2 cups of liquid from pot and dissolve miso paste in the liquid, return to pot.
6. Add brown rice.
7. Use an immersion blender to cream the soup.
8. When smooth add broccoli florets, cook 10 more minutes.