

Heart Healthy Broccoli Soup

5 cups low sodium chicken stock
1 lb. fresh broccoli, chopped
1 garlic clove, minced
Black pepper to taste
1 Tbsp. freshly squeezed lemon juice
2 Tbsp. curry powder to taste, optional



Bring the stock to a boil in a large pot over medium heat. Add the broccoli, onion, and garlic and simmer until soft, about 30 minutes. Puree the soup in a food processor or blender, return to the pot, and add the lemon juice and pepper. For an extra kick of flavor, add the curry powder right before you puree the soup.

Makes 5 servings.

Nutrition Facts (per serving): Calories 123, Total Fat 3.5 g, Sodium 369 mg, Carbs 16 g, Fiber 4 g, Protein 9 g