



POTATO & BROCCOLI SOUP

INGREDIENTS

1. 2 tablespoons butter
2. 1 onion, chopped
3. 2 cloves garlic, minced
4. 1 3/4 pounds broccoli, thick stems peeled and diced, tops cut into small florets
5. 1 1/2 pounds boiling potatoes, peeled and cut into 1/2-inch cubes
6. 3 cups canned low-sodium chicken broth or homemade stock
7. 3 cups water
8. 1 3/4 teaspoons salt
9. 1/4 teaspoon fresh-ground black pepper
10. 1/2 cup grated Parmesan

DIRECTIONS

1. In a large pot, melt the butter over moderately low heat. Add the onion; cook, stirring occasionally, until translucent, about 5 minutes.
2. Add the garlic, broccoli stems, potatoes, broth, water, salt, and pepper. Bring to a boil. Reduce the heat and simmer until the vegetables are almost tender, about 10 minutes.
3. In a food processor or blender, pulse the soup to a coarse puree. Return the soup to the pot and bring to a simmer. Add the broccoli florets and simmer until they are tender, about 5 minutes. Stir 1/4 cup of the grated Parmesan into the soup, and serve the soup topped with the remaining cheese.