



Broccoli / Cauliflower Soup

Soup made from fresh vegetables is a real treat. Cooking it with a tomato base flavor brings out the flavors even more. This recipe, made from broccoli and cauliflower, takes under an hour to prepare. It's a great way to start a meal.

Prep Time: 15 min Cook Time: 30-40 min Difficulty: **Easy** Servings: 10 - 12

Ingredients

- ¼ cup margarine (Becel)
- 1 medium onion, finely chopped
- 1 cup NBGS Tomato Paste/Sandwich Spread
- 8 cups water
- 1-2 bunches of broccoli, chopped
- 1 small head cauliflower, chopped
- 1 heaping tablespoon NBGS Ground Spice Mix (*2 heaping tablespoons for spicier flavor*)

Instructions

- Place a large skillet over medium heat. Add margarine and stir until just melted. Add the onions and sauté until transparent, about 5 minutes. Add Tomato Paste/Spread and continue cooking for an additional minute, stirring constantly.
- Add the water, broccoli and cauliflower. Bring to a boil, then reduce the heat to low, and simmer for 25-30 minutes. Add the spice mix and stir. Continue simmering for another 5 minutes.
- Taste for seasoning and add more spices if needed.
- If you have a hand blender, you can put it directly in the pot and blend it to your liking (anywhere from very thick to a thinner soup is fine!). If no hand blender, take 4 cups of cooked soup and put it into a food processor or blender to puree. Add the last 4 cups and partially puree so the soup will be a little chunkier.
- Serve soup in a bowl as is, or with sour cream or yogurt along with some chives.

IMPORTANT TO REMEMBER

The tremendous health benefits are most important...
 ...the incredibly great flavor and surprising tenderness is absolutely delicious bonus!

Website: <http://nothingbutgoodstuff.ca>

YouTube instructional VIDEO - <https://www.youtube.com/channel/UCX26wObNOC1drA9iAYLpI7w>

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