

Broccoli Ginger Soup with Coconut Milk



Sirve:

12

Pieza:

10 Qt./9.5 L Roaster with Cover

Blender

Valora: ☆☆☆☆☆

Contribuido por:

Cathy Vogt

Certified Health Coach & Natural Foods Chef

[Agregar un Comentario](#)

Descripción de la Receta:

Non-starchy, low carb vegetables are a good source of vitamins, minerals and fiber. These low carb vegetables help to fill up without spiking blood sugar levels. Broccoli is loaded with vitamins A, C and K and Iron. Cook vegetables in this soup just until tender crisp to maintain the most nutrition.

2 cups
celery ribs, washed and sliced, Cone #4
(202
g)
2 cups
onion, sliced, Cone #4
(320
g)
2 tbsp
ginger, fresh, shredded, Cone #3
(16
g)
3 bunches
broccoli florets, cut into pieces and stems, sliced, Cone #4
1 tsp
natural salt
(6
g)
½ tsp
garlic powder
(1
g)
30 oz
coconut milk, low fat
(886
ml)
10 cups
vegetable or chicken stock
(2370

ml)
5 oz
baby spinach
(141
g)
scallions, minced for garnish (optional)

Preparación :

1. Preheat 10 Qt. Roaster over medium heat until a sprinkle of water skitters and dissipates.
2. Sauté celery, onions and ginger for 3-4 minutes until softened
3. Add broccoli, salt and garlic to roaster and stir to combine, sauté for 1-2 minutes.
4. Add coconut milk and stock to roaster. Place lid on roaster and when Vapo-Valve™ begins to click steadily, turn heat to low and cook for 15-20 minutes until broccoli is tender crisp.
5. Puree soup in blender or with immersion style blender until it reaches desired consistency.
6. Add spinach to blended broccoli soup in roaster, stir spinach into soup. The heat of the soup will wilt the spinach.
7. Taste soup and add additional seasonings as desired.
8. Serve soup hot, garnish with a minced scallions if desired.

Consejos:

- Add additional shredded fresh ginger to top of each serving if desired.
- Homemade vegetable or chicken stock is a great to have on hand, make it without salt and add salt as needed.

Información nutricional por ración

Calorías: 426
Grasa Total: 10g
Grasa 9g
Saturada:
Colesterol: 1mg
Sodio: 629mg
Carbohidratos: 20g
Fibra 2g
Dietética:
Azúcar: 0g
Proteína: 7g