

# *Everyday Healthy! Everyday Delicious!*

From the Kitchen of Janice Feuer Haugen

## **Slow-Cooked Broccoli & Potato Soup**

Vegan, Gluten and Dairy-free and Very Easy to Prepare

Inspired by a gorgeous, almost two-pound broccoli crown.

Adapted from a recipe by James Peterson in *Splendid Soups*

Makes about 8 servings

2 pounds broccoli

1/3 cup olive oil

1 medium onion, 1/4-inch dice (1 1/2-2 cups)

4-5 cloves garlic, thinly sliced (1 packed tablespoon)

2 russet potatoes, peeled, 1/2-inch dice (3+ cups), stored in water

1/2 teaspoon sea salt

8 twists freshly ground pepper

8 cups vegetable broth *OR* 8 cups water with 2 tablespoons [Better than Bouillon Organic Vegetable Base](#)

Cut off the tough bottom inch or so of the broccoli stems. Cut the crown from the stems and divide it into florets about 1-inch in size. Peel the stalks and very thinly slice them. You should have about 12 cups of broccoli stems and florets.

Heat the olive oil in a large soup pot over medium heat. Stir in the diced onion. Cover the pot and cook 4-5 minutes until translucent. Remove the lid and stir in the garlic and drained, diced potatoes. Sprinkle with the salt and pepper and cook about 5 minutes over medium heat, stirring occasionally.

Stir in the broccoli. Add the stock (or water and vegetable base) to the pot. Bring the stock to a boil over high heat. Cover the pot and lower the heat to a gentle simmer. Cook for one hour stirring occasionally.

Use a blender to puree 2 cups of the soup, then stir it back into the soup in the pot. Use a wooden spoon to break down some of the larger pieces of broccoli and potato. Adjust the salt and pepper to taste.