



Broccoli: Broccoli Garden Soup

Ingredients

- 3 cups of broccoli, chopped
- 6 cups of yams, peeled and chopped
- 6 cups of Chicken Broth (with fat removed), divided
- 2 Medium Onions, chopped
- 4 Cloves Garlic, minced
- 1 tablespoon of Olive Oil
- 1 cup of Celery Tops, chopped
- 1/4 teaspoon of ground Allspice (opt)
- 2 cups of Watercress, chopped
- Ground Pepper to taste

Directions

- Simmer the yams, covered, in two cups chicken broth 10 minutes or until soft; puree in food mill or processor. Set aside.
- In large pot with cover, saute the onions and garlic in oil until the onions are translucent and starting to brown. Add celery. Saute a few minutes, Add broccoli and remaining chicken broth.
- Simmer, covered, eight minutes or until tender-crisp. Stir in puree; add seasonings.
- Serve immediately or serve chilled. Top each portion with 1/4 cup chopped watercress.