

Zesty Broccoli Soup

Description

Might need a little less/more cracked red pepper.

Ingredients

- 6 cup chicken broth
- 1 1/4 lb Broccoli cut into florets (6 cups)
- 3 medium potatoes, peeled & cubed
- 1 medium onion, diced
- 1 stalk celery, diced
- 1 tsp salt
- 1 cup fat free milk
- 1 tsp cracked red pepper

Instructions

Bring the broth to a boil over medium-high heat in a large saucepan. Add the broccoli, potatoes, onion, celery, salt and cracked red pepper; return to a boil. Reduce the heat and simmer, partially covered, until the vegetables are soft enough to mash, about 25 minutes. Remove the pan from the heat and let the mixture cool slightly. Transfer the mixture in batches to a food processor or blender and puree. Return the soup to the pan. Stir in the milk, and hot pepper sauce, then return to a simmer. Yields generous 1 1/2 cups per serving.

Notes

WW 1 point