

# Broccoli Soup with Lemon and Chives Recipe

By Dawn Jackson Blatner, RDN, CSSD



This soup is ready to enjoy in less than 30 minutes. Fresh ingredients fill you up with fiber and protein.

## Ingredients

### *Soup:*

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 yellow onion, chopped
- 8 cups chopped broccoli (1½ to 2 pounds)
- 4 cups water
- 1 can (15 ounces) white beans, rinsed and drained
- Salt and pepper, to taste

### *Toppings:*

- 3 tablespoons lemon juice
- 1 cup low-fat plain Greek yogurt
- ¼ cup chopped fresh chives
- Salt and pepper, to taste

## Directions

1. In soup pot, sauté oil, garlic, onion and broccoli about 10 minutes, until tender.
2. Add in water and beans. With hand blender, puree half of the soup. Season with salt and pepper. Bring to a boil and simmer for 10 minutes.
3. Mix lemon juice, yogurt, chives, salt and pepper. Drizzle on top of warm soup, and serve.

## Nutritional Information

Serving size: 1½ cups

Serves 6

Calories: 147; Total Fat 3g; Saturated Fat: 0g; Trans Fat: 0g; Cholesterol: 0mg; Sodium: 357mg; Total Carbohydrate: 22g; Dietary Fiber: 6g; Protein 11g.

*Dawn Jackson Blatner, RDN, CSSD, is a registered dietitian nutritionist and author.*

Source: <http://www.eatright.org/resource/food/planning-and-prep/recipes/broccoli-soup-with-lemon-and-chives-recipe>