

Broccoli & Arugula Soup



1 tbsp olive oil
1 clove garlic, chopped
1 yellow onion, chopped
1 head broccoli, cut into small florets
2 ½ cups vegetable stock
¼ tsp coarse salt
¼ tsp pepper
¾ cup arugula

1. Heat olive oil over medium heat, add garlic and onion and sauté for 1-2 minutes. Just until fragrant.
2. Add the broccoli and cook for 4 minutes or until bright green.
3. Add the vegetable stock, salt and pepper, bring to a boil, lower the heat and cover. Cook for 8 minutes or until broccoli is tender.
4. Pour soup into a blender and puree with arugula until smooth. For chunky soup, only blend half of the soup and then mix with unblended portion.

Yield: 4 servings

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