

## Brocco-Leekie soup

### Ingredients

5 C Broccoli, chopped, frozen  
1.5 t olive oil  
1 Leek, washed, finely chopped  
4 cloves garlic (~1 tbsp)  
4 C Vegetable stock  
1 potato, large, peeled, chopped  
1 t Thyme, powdered  
Salt and pepper, to taste  
1 Bay leaf

### Directions

Spray oil into big pan and heat. Simmer leek for 3 to 4 minutes, until soft. Add garlic and simmer for 2 more minutes. Stir in 4 cups of veggie stock, the potato, the Thyme, and bay leaf. Add broccoli and simmer for another 10 minutes. Remove bay leaf. Stick blend until smooth.

6 Servings. Per serving: 91 Calories, 5 g protein, 3 g fat, 14 gm carbs