

Broccoli And/Or Cauliflower Soup

Delicious soup to use leftover broccoli or cauliflower. I have used both - alone and together. Try to use organic ingredients whenever possible.

6 cups water
5 cups cauliflower or broccoli
2 cups carrots
½ cup onions
1 tsp dried oregano
1 tsp dried basil
4 chicken bouillon cubes or 4 Tbsp chicken bouillon powder
salt & pepper to taste

1. Dice cauliflower and/or broccoli.
2. Slice 2 cups carrots, chop 1/2 cup onion.
3. In a 5 quart saucepan, add all ingredients except salt and pepper.
4. Cover and simmer until vegetables are tender (about 20 minutes).
5. Strain off and reserve most of the liquid. Place vegetables in a food processor and puree. {OR mash vegetables, still in pan with potato masher until desired consistency}.
6. Add puréed vegetables into the pot and add reserved liquid to desired consistency.
7. Add salt and pepper and re-heat.