# NOURISHING, ONE-POT BROCCOLI KALE SOUP

By Carrie Walder, RD

This simple broccoli kale soup is made with potatoes, onion, lemon, freshly grated parmesan, and spices like smoked paprika and thyme. It's nourishing and so easy to make – just one pot and a blender needed!



PREP TIME 15 minutes COOK TIME 30 minutes SERVINGS 4

## INGREDIENTS

- 1/4 cup olive oil
- 4 large cloves garlic, minced
- 1 small yellow onion, diced
- 1 head broccoli, cut into florets (approximately 5 heaping cups, including stems)
- 2 small-medium yellow potatoes (approximately 3 cups; Yukon Gold recommended)
- 1 tsp dried thyme
- 1/2 tsp dried basil
- 1 tsp smoked paprika
- 1 large bunch curly kale (approximately 6-7 cups, packed)
- 1 liter vegetable broth, low sodium if desired
- 1/2 lemon, juice only
- 1 cup freshly grated parmesan cheese (Parmigiano-Reggiano recommended)
- Salt and pepper, to taste

## INSTRUCTIONS

1 In a large pot or Dutch oven, heat olive oil over medium-high heat.

2 Add garlic, onion, broccoli, potatoes, thyme, basil, and smoked paprika. Cook for 7 minutes, stirring frequently, until the vegetables are lightly cooked.

3 Add kale and stir until it wilts, about 2 minutes.

4 Add vegetable broth, lemon juice, and grated parmesan. Season with salt and pepper, stir, and bring to a boil.

5 Reduce heat, cover, and simmer for 15 minutes, until the vegetables are soft enough to blend.

6 Blend with a handheld immersion blender until smooth. Alternatively, transfer to a high-speed blender. Taste, adjust seasoning, and serve hot.

## NOTES

- Leftovers: Store in an airtight container in the refrigerator for up to 3 days. Reheat on the stovetop or in the microwave.

- Vegan option: Swap parmesan for a vegan alternative or nutritional yeast.

- Serve with: grilled chicken thighs, baked salmon, a toasted sandwich, or crusty bread.

## NUTRITION

Calories 382 kcal Carbohydrates 36g Protein 16g Fat 22g Saturated Fat 6mg Cholesterol 22mg Sodium 512mg Potassium 1048mg Fiber 9g Sugar 5g Vitamin A 4569IU Vitamin C 184mg Calcium 401mg Iron 3mg