

Cozy broccoli soup

Ingredients:

- 2 large cloves of garlic
 - 1 small onion
 - 1 tablespoon of olive oil
 - 1 broccoli
 - 1 carrot
 - 2 small potatoes
 - Other vegetables of choice (for example snow peas)
 - Pinch of salt
- You can also add:
- Fresh Basil
 - Vegan cream
 - Roasted sunflower seeds



Directions:

- In a medium pot heat up the olive oil and add chopped garlic, onion, and salt
- Let it cook for about 3 minutes, then add all of the vegetables chopped into small pieces
- Let the vegetables cook on the oil for 5 minutes, mixing frequently
- Add water so it covers the vegetables
- Let it cook for over an hour on a small heat
- Blend the soup using a hand blender
- Taste and adjust flavor with spices as needed
- Perfect served with roasted sunflower seeds, fresh basil, and a splash of vegan cream

Bon Appetit!

