



Excerpted from [DAMN DELICIOUS MEAL PREP: 115 Easy Recipes for Low-Calorie, High-Energy Living](#).
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GREEN BROCCOLI DETOX SOUP

PREP TIME:

15 MINUTES

COOK TIME:

20 MINUTES

TOTAL TIME:

35 MINUTES

YIELD:

4 SERVINGS (8 CUPS)

1 tablespoon olive oil
1 small fennel bulb, cored and chopped
1 medium sweet onion, chopped
3 cloves garlic, minced
4 cups chicken stock
4 cups finely chopped broccoli
Kosher salt and freshly ground black pepper, to taste
1 (5-ounce) package baby spinach
3 cups lightly packed watercress, plus more for serving
1/2 cup fresh parsley leaves
1/4 cup 2% Greek yogurt
1/4 cup chopped roasted almonds
1 tablespoon lemon zest (optional)

The winter months are for soups, stews, and pot roast, so I sometimes feel like it's hard to get your daily dose of green veggies during those cold months. Not that it ever gets that cold in Los Angeles. But this broccoli detox soup is still the perfect solution to get in all your greens during the cold days.

In addition to the broccoli and its multitude of benefits, we have fennel, and it is a double whammy of goodness. It smells and tastes amazing, and contains both vitamins A and C, which are known as strong antioxidants. It is also rich in potassium and helps maintain healthy muscles, nerves, and kidney function.

There's also watercress. A lot of people don't realize just how great it is. It is full of vitamins A, B6, and B12. And it has more vitamin C than an orange. Plus, it's known for being an effective cancer fighter. So, make yourself a batch of broccoli soup, curl up on the couch, stream your favorite binge TV show (like [This Is Us](#), with a box of tissues), and savor this warm, healthy bowl of comfort.

1. Heat the olive oil in a large stockpot or Dutch oven over medium heat. Add the fennel and onion and cook, stirring occasionally, until golden and tender, 4 to 5 minutes. Stir in the garlic and cook until fragrant, about 1 minute.



2. Stir in the stock and broccoli and season with salt and pepper. Bring to a boil; reduce the heat and simmer until the broccoli is tender, 5 to 7 minutes. Stir in the spinach, watercress, and parsley, and cook until the spinach has wilted, 1 to 2 minutes.
3. Puree with an immersion blender until the desired consistency is reached.
4. Serve immediately with yogurt, additional watercress, almonds, and lemon zest, if desired.
5. TO FREEZE: Omit the yogurt, watercress, almonds, and lemon zest until ready to serve. Portion the cooled soup into ziplock freezer bags and lay the bags at in a single layer in the freezer. Reheat over low heat, stirring occasionally, until heated through.

NUTRITION FACTS: CALORIES: 183.0 / TOTAL FAT: 9.0 / TRANS FAT: 0.0 / SATURATED FAT: 0.0 / CHOLESTEROL: 0.0 / SODIUM: 1128.0 / CARBOHYDRATES: 19.0 / FIBER: 5.0 / SUGAR: 5.0 / PROTEIN: 9.0



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