

LOW-FAT BROCCOLI SOUP

(slightly adapted from [The Spruce Eats](#))

- 1 tablespoon olive oil
- 1 shallot, chopped
- 1 stalk celery, chopped
- 1 medium Yukon Gold potato, peeled and cubed
- 4 cups broccoli, chopped
- 2 cups vegetable broth
- 1 cup almond or oat milk

Heat oil on medium heat in a large stockpot. Sauté the shallot and celery for 3 to 4 minutes, until fragrant. Add the cubed potato, broccoli, broth, and milk. Bring to a boil. Reduce heat, cover, and simmer for 20 minutes, or until all the vegetables are tender.

Allow the soup to cool slightly. Transfer to a blender and blend until smooth in two batches. Return the blended soup to the pot and heat gently until ready to serve.

Top with croutons or sautéed almonds, whatever your heart desires.