

# Nutrition Education

Broccoli is an excellent source of vitamins A, C and K as well as folic acid. It is often called a “superfood” because of its high nutritional value. Studies indicate that eating a diet rich in vegetables, including broccoli, may prevent certain types of cancer and heart disease. The recipe below is perfect way to warm up and nourish your body on a chilly fall day.

## Broccoli Cheddar Soup

4 cups chopped broccoli

½ cup diced onion

1 clove garlic, pressed or minced

1 T. canola oil

3 cups cannellini beans (two 15 ounce cans, drained and rinsed)

3 ½ cups water or chicken stock or vegetable stock

5 ounces cheddar cheese, shredded

Salt and pepper to taste

1. In a large stock pot, heat canola oil on medium high. Add onion and garlic; sauté until onion is soft and translucent.
2. Add water or stock and bring to boil. Add broccoli; cook until tender, about 8-10 minutes depending on size of broccoli pieces.
3. Stir in beans; continue cooking until beans are heated through.
4. Remove pot from heat and stir in cheese. Using either an immersion blender or a food processor, purée soup until smooth. If using a food processor, you may need to work in two or more batches.
5. If needed, reheat on low. Salt and pepper to taste. If you are using vegetable or chicken stock in this recipe, you may not need additional salt.



Recipe from *The Early Sprouts Cookbook* by Karrie Kalich, Lynn Arnold and Carole Russell