

Beyond your Scale Kitchen

Keep it easy with these simple but delicious recipes. From make-ahead lunches and midweek meals to fuss-free sides and moreish desserts, we've got everything you need.

CREAM OF BROCCOLI

This healthy creamy broccoli soup is quick, easy, and a delicious bowl of nourishing goodness. Filled with functional ingredients that supply a bounty of vitamins, minerals, and antioxidants. You will feel so good after you eat this soup you may just take flight!



Cream of Broccoli Soup with Hemp Seeds

4 servings
30 minutes

Ingredients

- 1 Sweet Onion (chopped)
- 1 Carrot (chopped)
- 3 stalks Celery (chopped)
- 5 cups Broccoli (chopped, incl. stalks)
- 6 cups Water
- 1 tsp Dried Basil
- 1 cup Hemp Seeds (substitute with Cashews or Almonds)
- 1 tsp Sea Salt
- 1/4 tsp Black Pepper
- 1 tsp Turmeric (optional)
- 2 cups Green Lentils (cooked, drained and rinsed)
- 2 cups Baby Spinach (packed)
- 1/4 cup Nutritional Yeast (optional)

Directions

- 1 Start with sauteing chopped onion, carrot and celery in 1 tbsp olive oil for about 5 minutes. Add your broccoli stems. Simply chop off and discard the super tough bottom edge of the broccoli, and chop the remaining stems. Broccoli stems are delicious and add a deeper broccoli flavor to the soup.
- 2 Add salt and pepper to taste. I kept the spices simple in this soup. For extra taste, add 1 tsp turmeric for its incredible health properties and its peppery bite. Saute for another minute.
- 3 Add the broccoli florets, dried basil, and pour in water (or broth). Place over high heat and bring to a boil. Once boiling, cover the pot and reduce to a simmer. Let simmer for 15 to 20 minutes or until broccoli is tender. For a cheesier taste, add nutritional yeast and let simmer for another 5 minutes.
- 4 In a blender, create your hemp seed cream by blending together 1 cup of hemp seeds (or cashews or almonds*) with 1 cup of water. (If you alter the serving size, just keep the seeds or nuts to water ratio 1:1.) Pour the cream in with your veggies and stir. Now add your green lentils and stir again. *see notes
- 5 Place spinach in the bottom of the blender. Then carefully transfer soup to the blender and blend to a puree. Ladle into bowls and drizzle with a bit of olive oil if you fancy. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately 2 cups.

Almond Cream: After blending, strain the mixture through a nut milk bag or cheesecloth to remove the pulp, then pour the remaining almond cream in with your veggies and stir. Now add your green lentils and stir again.

More flavor: Use low-sodium vegetable stock instead of water. When pureeing add a few

Tbsp (about 1/4 cup) of nutritional yeast. This step is optional but nutritional yeast adds a cheesy flavor and a healthy dose of B12 (bam! energy blast!) and protein!

Not too much: This recipe calls for 6 cups of water and 1 large head of broccoli, or about 5 cups of broccoli florets. It's important not to add too much liquid to the soup. Too much liquid = weird consistency. Perfect amount of liquid = creamy perfection.

Even healthier: Add other leafy greens in the last few minutes of cooking. I've added baby kale or swiss chard, but you can add any combination you'd like. If made with nuts, then top with a sprinkle of hemp seeds for healthy omega 3 fats, and a garnish of broccoli florets or some of the greens from the soup (I just reserve a few broccoli florets and wilted greens).