

RECIPE

Creamy Broccoli Soup w/ Kale Chips

(Dairy-free, gluten-free)



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Soup Ingredients

- Two large heads of broccoli, chopped into florets
- 1 large leek, with ends cut off (sliced)
- 1 small yellow onion (diced)
- 3 cloves garlic, diced

- 1 Tbs ghee (sub coconut oil for vegan version)
- 4 cups chicken bone broth (use vegetable broth for vegetarian/vegan version)
- 1 can full-fat coconut milk
- ½ tsp salt
- ¼ tsp black pepper

Preparation

1. Saute leek, onion, and garlic for 3-5 minutes over medium heat in ghee or coconut oil in a large pot.
2. Place the rest of the ingredients in the pot, and bring to a boil. Once boiling, reduce heat to low and simmer for 20 minutes.
3. Carefully transfer to a blender (in batches if necessary) and blend on high until fully blended. An emulsion blender can also be used until soup is a smooth consistency.
4. Add additional salt and pepper, to taste, and top with optional kale chips.

Kale Chips Ingredients

- One head of curly kale
- 1-2 Tbs Olive oil
- ½ tsp salt (more to taste)

Preparation

1. Preheat the oven to 350 degrees F.
2. Remove rinsed kale from its rind and tear it into small bite-sized pieces. Put it on a parchment-paper lined sheet pan.
3. Drizzle olive oil over kale, and sprinkle on salt.
4. Massage with hands until all kale is coated evenly.
5. Transfer to the oven to bake for ~13 minutes, or until kale is crunchy.