

## **BRYANNA'S CREAMY FAT-FREE BROCCOLI-CAULIFLOWER-AND-WHITE BEAN SOUP**      Servings: 4

A very simple concept-- you simmer cooked white beans with whatever vegetable you like , then puree it for a thick and creamy soup, ***without*** potatoes, starches, butter, cream, or nuts.

1 1/2 cups well-cooked or canned white beans (*15 ounce can*), rinsed and drained (*such as white kidney beans, cannellini beans, navy beans, or Great Northern beans*)

1/2 a medium onion, chopped

1 large clove garlic, chopped

1/2 pound fresh broccoli, trimmed and chopped

1/2 pound fresh cauliflower, trimmed and chopped

2 cups chicken-style vegetarian broth (*Better Than Bouillon No-Chicken is my favorite*)

1/2 teaspoon salt

freshly-ground black pepper to taste

Steam-fry the onion and garlic for 5 minutes over high heat in a large well-seasoned heavy skillet sprayed with a little oil from a pump sprayer, adding drops of water as needed to keep from sticking. (*Or cook in a microwave oven in a covered microwave-proof casserole for 3 minutes.*) Don't brown the onions.

Add this to the beans, vegetables, broth, and salt in a medium pot. Bring to a boil, cover, turn down to medium-low, and simmer about 10-15 minutes, or until the vegetables are tender.

Puree right in the pot with an immersion/stick blender, OR, with a slotted spoon, transfer all the solids to the food processor or blender and puree until smooth. (***Important caution:*** *Leave an escape in the lid for steam, or else hot veggies will explode all over you!*). Add a bit of the broth, then stir the pureed mixture back into the pot. Taste for salt and pepper. Garnish each serving with dried dill weed and smoked paprika or sweet paprika.

### **Nutrition Facts**

**Nutrition (per serving):** 129.7 calories; 3% calories from fat; 0.6g total fat; 0.0mg cholesterol; 268.3mg sodium; 745.3mg potassium; 24.0g carbohydrates; 4.5g fiber; 0.9g sugar; 19.5g net carbs; 9.9g protein; 1.8 points.