

## Winter Broccoli Soup

**Serves: 4**

### Ingredients

1 large celery rib, thinly sliced	4 cups fat free, reduced-sodium chicken broth or vegetable broth
1 medium bunch broccoli, florets only, coarsely chopped	Freshly ground black pepper, to taste
1 medium onion, chopped	Chopped fresh parsley (for garnish)
2 small parsnips, peeled and sliced	

In a deep saucepan, add the celery, broccoli, onion, parsnips, broth, and black pepper. Cover pan and bring mixture to a boil over medium-high heat. Reduce heat and simmer until the vegetables are very tender, about 20 minutes.

Uncover and let vegetables cool for 10 minutes.

In a blender, puree soup until velvety-smooth. Serve in bowls or pour into mugs. Garnish with parsley, if desired.

Per serving: 80 calories; 0 g total fat (0 g saturated fat); 19 g carbohydrates, 3 g protein, 5 g dietary fiber, 480 mg sodium.