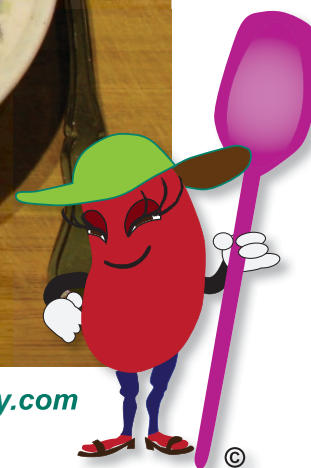


Beans, Rice And Everything Nice

Silky Broccoli Chowder



original recipe by beansriceeverythingnice.weebly.com

Ingredients

makes 4 - 6 servings

1 large or 2 small leeks,
white and light green parts,
coarsely chopped
1 cup diced celery, about 3 stalks
1 cup diced carrots,
about 2 medium carrots
2 cloves minced garlic
4 cups cubed red potatoes,
about 3 medium or 4 small potatoes
6 cups diced broccoli,
1 large or 2 small heads
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
2 teaspoons dried thyme,
leaves or powder
6 cups water
a large handful of parsley or spinach
salt and pepper to taste

1. Heat a large cooking pot on the stove over medium heat. Add the prepared leeks, celery, and carrots along with a splash of water. Steam saute until the leeks are limp. Add the minced garlic and cook for 30 seconds more.
2. Add the cubed potatoes and 6 cups of water. Cover with a lid and bring to a boil over medium-high heat. Once the pot boils, turn off the heat and let sit for 20 minutes. Prepare the broccoli while you wait.
3. After 20 minutes, add the diced broccoli, garlic powder, onion powder and dried thyme. Bring to a boil over medium-high heat, reduce the heat to medium-low and simmer for 10 minutes—until the potatoes are very soft.
4. Add half the solids in the soup to a blender along with 1 cup of the cooking liquid and a large handful of parsley or spinach. Puree until smooth. Add the puree back to the soup pot and stir while gently reheating over medium-low heat. Add salt and pepper to taste.