

Broccoli Bisque

Serves 4 to 6

Ingredients:

1 large yellow onion, diced small
1 teaspoon dried thyme leaves
1 teaspoons dried tarragon leaves
6 cups water, more if needed
2 12 ounce bags broccoli florets or 4 cups fresh
1 large Wellness Forum Health Potato Soup mix
Sea salt and black pepper to taste

Instructions:

- Saute the onion in a large saucepan over medium heat for 8 minutes until the onions are tender and start to turn brown. Add water 1 to 2 tablespoons at a time to keep the onions from sticking.
- Add the thyme and tarragon, and cook another minute.
- Add the 6 cups of water and the broccoli florets and cook for 10-12 minutes, or until the broccoli is tender.
- Puree the soup in batches in a blender until smooth and creamy.
- Add more water if needed to get a creamy consistency
- Return the soup to a new pot and repeat with the remaining soup.
- Season with sea salt and black pepper. Serve.