

Creamy Broccoli Spinach Soup

Yield: 4 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/spinach-broccoli-soup-indian-recipe>

Ingredients:

- 2 tablespoons extra virgin olive oil
- 2 tablespoons minced garlic
- 1 medium onion diced
- 2 leeks medium, chopped
- 2 parsnips peeled, cored, and chopped
- 1 1/2 pounds broccoli trimmed and chopped
- 2 teaspoons finely chopped fresh thyme
- 2 teaspoons fresh marjoram finely chopped
- 5 cups chicken stock or vegetable stock
- 2 cups spinach packed
- 2 teaspoons freshly grated lemon zest
- 1 cup coconut milk

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 10 milligrams
4. Fat: 24 grams
5. Fiber: 11 grams
6. Protein: 18 grams
7. SaturatedFat: 14 grams
8. Sodium: 520 milligrams
9. Sugar: 17 grams

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