

# Food *for* Thought

## Broccoli Soup

- 1 large onion, chopped
- 3 cloves garlic, chopped
- 1 tablespoon olive oil
- 1 1/2 pounds broccoli florets
- 3 cups chicken stock
- 1/4 teaspoon ground nutmeg
- Freshly ground black pepper

In a large saucepan, cook the onion and garlic in the oil until tender, stirring frequently. Add the broccoli and stock and bring to a boil. Reduce the heat and simmer 10 to 15 minutes, until the broccoli is tender. Put the mixture in a blender and puree until smooth, return it to the saucepan, and heat slowly.

Season with



the nutmeg and pepper to taste.

*serves 4 to 6*

*Source: The Paleo Diet for Athletes*