



## Broccoli-Feta Soup

Makes 4 1-1/2 cup servings. Recipe from [eatingwell.com](http://eatingwell.com).

### Ingredients

2 tablespoons extra-virgin olive oil  
 1/2 cup thinly sliced scallions  
 3 cloves garlic, peeled and smashed  
 1 teaspoon dried basil  
 1/4 teaspoon crushed red pepper  
 4 cups low-sodium vegetable or chicken broth  
 1 pound broccoli crowns, stems and florets, cut into bite-size pieces (about 6 cups)  
 8 ounces Yukon Gold potatoes, scrubbed and cut into 1-inch pieces  
 1 tablespoon water  
 1/2 cup crumbled feta cheese, divided  
 1 teaspoon grated lemon zest, + more for garnish  
 1/4 teaspoon salt

### Nutritional info

Calories	220
Fat	12g
Cholesterol	17mg
Sodium	498mg
Carbs	25g
Fiber	5g
Protein	8g
Calcium	198mg
Iron	3mg
Potassium	862mg

### Directions:

1. Heat oil in a large saucepan over medium-high heat. Add scallions, garlic, basil and crushed red pepper; cook, stirring occasionally, until bright green and fragrant, about 2 minutes. Stir in broth and bring to a boil over high heat. Add broccoli; cook, stirring occasionally, until bright green and fork-tender, about 6 minutes.
2. Meanwhile, combine potatoes and water in a medium microwave-safe bowl; cover and microwave on High until the potatoes are very tender, about 4 minutes.
3. Set aside 1 tablespoon feta. Using a slotted spoon, transfer 1 cup of broccoli to a small bowl.
4. Stir the cooked potatoes, lemon zest, salt and the remaining 7 tablespoons feta into the soup. Transfer the soup to a blender. Secure the lid on the blender and remove the center piece to allow steam to escape. Place a clean towel over the opening. Process until smooth, about 1 minute. (Use caution when blending hot liquids.) (Alternatively, use an immersion blender: Remove soup pot from heat. Submerge immersion blender blades completely under the liquid; puree until smooth, 3 to 5 minutes.)
5. Divide the soup among 4 bowls. Spoon 1/4 cup broccoli into each bowl. Sprinkle with the reserved 1 tablespoon feta and more lemon zest.

**To make ahead:** Refrigerate in an airtight container for up to 3 days.