



The Autism Food Club



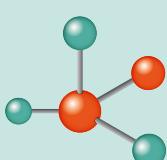
Cream of Broccoli Soup

(This soup can be frozen so larger batches can be made)



Ingredients

- 2 tablespoons** rapeseed / olive oil
- 1/2 large** onion (peeled and chopped)
- 2 large sticks** (celery finely chopped)
- 4 cloves** garlic (peeled and chopped)
- 400g** broccoli, stalks and tops (chopped or frozen)
- 1.25 litres** of water
- 1 stock cube** / **1 tablespoon** of homemade bouillon
- 150g** ground almonds / almond flour
- 2-3 teaspoons** dried thyme
- A handful** of fresh parsley
- 1 teaspoon** freshly ground black pepper
- Sea salt to taste



Sprinkling of science

A member of the cabbage family, broccoli is one of the most instantly recognisable vegetables and makes a colourful addition to any meal.

The flowering head of the plant and stem provide a wealth of nutrients including vitamin C and vitamin K. Vitamin C more readily associated with oranges and other citrus fruit, is an antioxidant; deficiency of which can lead to scurvy, the sailor's disease noted in times gone by. Broccoli also contains glucoraphanin which is converted to sulforaphane, suggested to inhibit the growth of certain cancers, something it might do as a consequence of its epigenetic properties (affecting the switching on and off of certain genes).



Method

- 1** In a large heavy based pan heat the oil, add the onions and gently cook for 10 minutes or until soft.
- 2** Add the garlic and celery and cook for a further 2 minutes.
- 3** Add the broccoli, bouillon or stock cube, water, almonds, black pepper and herbs, and cover and simmer for 20 minutes.
- 4** Blend the soup, either with stick blender or in a processor, bearing in mind you may need to do this in batches.
- 5** Check the seasoning and alter to taste. You might also want to add more liquid to get a consistency you prefer.

NB: If using frozen broccoli you may need less water.

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