

## Creamy Broccoli Soup



### INGREDIENTS

SERVES 8 - 10

- 5 cups chicken or vegetable broth
- 3 heads of broccoli
- 2 cups pureed tomato with chopped green chillies (3)
- 300 grams of low fat cheese
- Can use 2 cans of coconut milk in place of cheese
- 1 sprig of basil leaves

### DIRECTIONS

- Mix chicken broth, broccoli and tomatoes and chillies together.
- Simmer for 25 minutes or until veggies are tender.

- Cube the cheese (Velveeta / ricotta) and put into soup pot.
- Simmer just until cheese is melted.
- You can use 2 cans of coconut milk instead of cheese. Garnish with chopped basil leaves in case of coconut milk
- This recipe freezes and refrigerates well.