

White Bean & Broccoli Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 can white beans (drained and rinsed)
- 2 cups broccoli florets
- 4 cups vegetable broth
- 1 tsp thyme
- Juice of 1/2 lemon
- Salt and pepper to taste

Instructions:

Heat olive oil in a pot. Sauté onion and garlic until soft.

Add white beans, broccoli, thyme, and broth. Simmer for 15 minutes.

Blend partially or fully depending on desired texture.

Stir in lemon juice, season with salt and pepper.

Health Benefits:

- White beans: Rich in plant protein and iron
- Broccoli: High in fiber and detoxifying compounds
- Lemon: Brightens and aids digestion