



# Turnip and Broccoli Soup

Recipe Gluten-free, dairy-free (casein-free), hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS : 8

PREPARATION: 20 MINUTES

COOKING: 30 MINUTES

## INGREDIENTS

- 45 ml (3 tbsp) olive oil
- 1 kg (10 cups) broccoli, florets and stems, chopped
- 500 g (5 cups) turnip in small cubes
- 2 onions, chopped
- 750 g (2 1/2 cups) vegetable stock (vegan version) or chicken broth
- 500 g (2 cups) water
- 7.5 ml (1 1/2 tsps) sea salt
- 1 ml (1/4 tsp) pepper

## PREPARATION

1. In a large saucepan heat oil. Add broccoli, turnip and onions.
2. Cover and cook over low heat for about 10 minutes, stirring frequently. Add a little water if necessary.
3. Add broth, water, salt and pepper.
4. Bring to a boil, cover and simmer for 20 to 30 minutes over low heat, until vegetables are cooked through.
5. Puree in blender to desired consistency.
6. Delicious with freshly baked bread! \*



*To add a touch of flavour, drizzle with a little maple syrup! The combination of turnips and broccoli is surprising, but truly delicious!*

## TIP

\* For fresh bread, what better way to go than our delicious mixes: [La Miche Angélique](#) or [Le Campagnard](#)!

You can also prepare this recipe in a conventional oven with [La Merveilleuse all-purpose flour](#). You can use the same method for the [burger bread recipe](#) to make your own buns or bread!

## NUTRITION FACTS

Per portion  
250 ml (1 tasse) 110 Calories

Fat: 5 g	8 %
Saturated 0,5 g	
Trans 0,1 g	3 %
Polyunsaturated: 0,6 g	
Omega-6: 0,5 g	
Omega-3: 0 g	
Monounsaturated: 3,5 g	
Cholesterol: 5 mg	
Sodium: 250 mg	10 %
Carbohydrate: 14 g	5 %
Fibres: 3 g	12 %
Sugars: 4 g	
Protéines: 4 g	
Vitamin A	15 %
Vitamin C	110 %
Calcium	6 %
Iron	8 %
Manganese	15 %
Potassium	15 %
Vitamin K	90 %

