

## Broccoli/Potato Soup

(Recipe by Mojka Renaud)

- 3 Tbs. Coconut butter
- 2 lg. Carrots, chopped
- 3 scallions, chopped fine
- 1 lg. onion, chopped fine
- 1 tsp Italian seasoning
- 1 tsp. vegetable bouillon (non MSG, from HF store)
- 1 lg. Head broccoli, chopped
- 3 med. size potatoes, cubed
- ½ cup coconut milk in a can (unsweetened, HF brand)
- 5 cups water
- Salt to taste



Sauté onion, scallions, carrots and Italian seasoning in coconut butter, when limp, add broccoli and sauté until bright green color. Add water and seasonings. Bring to a boil and add potatoes. Simmer until all soft, and then add coconut milk. Take a third of this mixture and puree in a food processor. Return to pot and mix all together. Enjoy!