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## Broccoli Cauliflower Soup

2 teaspoons	butter
1 cup	chopped onions
8 cups	broccoli (florets and stems)
8 cups	cauliflower (florets and stems)
4 cups	low sodium vegetable or chicken broth
2	bay leaves
2 teaspoons	fresh thyme (or ¾ teaspoon dried)
2 cups	original rice or almond milk
	salt and freshly found pepper, to taste
½ cup	shredded goats mozzarella or goats feta (optional)
2 tablespoons	chopped fresh basil, for garnish

Melt butter in a large, heavy saucepan over medium heat. Add onions and sauté until soft. Add broccoli (reserving a few florets), cauliflower, broth, bay leaves, and thyme. Bring to a boil, reduce heat and simmer, covered, for about 30 minutes, stirring occasionally. Discard the bay leaves. Process the mixture in a food processor, with an immersion blender, or in batches in a blender until smooth. Return to saucepan. Add reserved broccoli florets and cook for 5 minutes. Add milk and cook until heated through. Season with salt and pepper. Serve garnished with cheese and basil. Serves 6.

Adapted from Rosie Schwartz, *The Enlightened Eater's Whole Food Guide*, 2003.

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### Nutritional Value

**Broccoli** – As a member of the cruciferous vegetable family, broccoli has remarkable anticancer effects, particularly in breast cancer. It helps the liver in its detoxification processes, has antioxidant effects, and is effective in ridding the body of *H. pylori*.

**Cauliflower** – Cauliflower is also a member of the cruciferous vegetable family, and as such contains compounds that may help prevent and protect against cancer. It is a good source of boron, vitamin K, vitamin C, and fibre.

**Onions** – Because they are high in sulfur, onions help lower cholesterol, inhibit cancerous tumor growth, help manage diabetes, and are an anti-inflammatory, antibacterial, and antifungal food that are also a blood tonic. Eat them daily – raw or cooked.

**Thyme** – This herb is used as a digestive aid, cough and laryngitis remedy, and antiseptic. Thyme is useful for upper respiratory and urinary tract infections, and has antioxidant, anti-inflammatory, and cancer-preventative actions.

**Goat Cheese** – A great substitute for dairy cheeses, goat cheese less allergenic and is much easier for most people to digest. Cow's have four stomachs whereas goats and humans both have only one. We digest in more of a similar manner, allowing for better tolerance and digestion of goat milk products.