

Creamy Brussels Sprouts Soup

Serving Size: 8 fl oz

Makes: 8 servings

Ingredients:

10 oz	Brussels Sprouts, cut in half
4 oz	Brussels Sprouts, julienne
as needed	Oil Spray
4 oz	Onions, chopped
4 oz	Leeks, chopped
4 oz	Celery, chopped
1 TBSP	Garlic Cloves, minced
2 tsp	Thyme, minced
¼ cup	Water
1 ½ oz	All Purpose Flour
4 oz	Potatoes, peeled, diced
1 qt	Vegetable Broth, Low Sodium
1 cup	Half & Half Cream
½ tsp	Tabasco
1 TBSP	Italian Parsley, chopped
1 ½ tsp	Salt

Preparation:

- For the brussels sprouts:** Prepare separate sheet trays with pan spray. Roast brussels sprouts separately at 350°F until tender and lightly browned. Keep separate as cooking times will differ.
- For the soup:** Heat soup pot over medium heat, add onion, leeks, celery, garlic, thyme, and water. Cook until water is almost completely evaporated, and vegetables are tender.
- Add flour to make a roux*.
- Add potatoes and vegetable broth. Simmer until potatoes are cooked thoroughly, approximately 30 minutes. Stir in roasted, halved brussels sprouts (reserve julienned brussels for garnish). Cook for 15 more minutes.
- Remove soup from heat and whisk in half & half, Tabasco, parsley, and salt. Puree soup using an immersion blender until completely smooth. Garnish each bowl with julienned roasted brussels sprouts.

NUTRITION FACTS PER SERVING

calories	110
total fat (g)	4
saturated fat (g)	2.5
trans fat (g)	0
sodium (mg)	450
total carbohydrate (g)	16
dietary fiber (g)	4
sugar (g)	4
protein (g)	4



RD APPROVED

*A roux is flour and fat cooked together that is primarily used to thicken sauces.



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