

## Broccoli and Arugula Soup

By Cynthia Groseclose

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Serves 6

### **INGREDIENTS:**

2 Tbs. extra-virgin olive oil, plus more for garnish  
2 cups diced sweet yellow onion  
4 cloves garlic, minced  
6 cups broccoli florets  
2 tsp. sea salt  
1 tsp. ground black pepper  
1 qt. vegetable stock  
2 cups arugula leaves, divided  
1 lemon, cut into 4 to 6 wedges

### **DIRECTIONS:**

Heat the olive oil in a large, heavy-bottomed pot over medium-high heat.

Add the onion and sauté for one minute. Add the garlic and continue to sauté until the onion begins to turn translucent and the garlic is fragrant, being careful not to burn the garlic. Add the broccoli florets. Stir in the salt and pepper. Cook the florets for four to five minutes, or until they turn bright green. Add the vegetable stock and bring to a boil. Reduce the heat to a simmer and cook until the broccoli is just tender, six to eight minutes.

Transfer the soup to a Vitamix or high-powered blender, add one cup of arugula, and blend until smooth. Taste and season again. Transfer the soup back to the pot and keep hot until serving. Garnish each bowlful with the remaining cup of arugula, a drizzle of olive oil, and a squeeze of lemon.

Cooled and covered, the soup can be refrigerated for up to three days.