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The Secret to Making a Bowl of Delicious, Creamy & Anti-Cancer Broccoli Soup

By bestfolkmedicine · 12/03/2021 · 2 min read



If you're looking for an awesome soup recipe, we warmly recommend you this anti-cancer soup with broccoli.

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Abundant in minerals, vitamins, and phytonutrients, it's a real delight for the body. And, broccoli is one of the most potent superfoods in the world.

It contains sulforaphane-a compound in cruciferous veggies that has potent anti-tumor characteristics.

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To prevent destroying the important myrosinase enzyme from cruciferous veggies and ensure you get the most sulforaphane, do something different with the veggie, in this case, with the broccoli.

Here's what.

How to Get the most Nutrients from Broccoli?

Rather than simmering the entire broccoli in the soup, cook the soup in advance; leave the broccoli aside and add them to the soup only in the last 3 minutes of cooking.

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This will still lower the amount of sulforaphane than when eaten raw, but it's also much better than cooking it longer.

Homemade Anti-Cancer Broccoli Soup

You'll need:

A tbsp of coconut oil

One onion, peeled and chopped

2 celery stalks, chopped

2 potatoes, peeled and cubed

5 cups of broccoli florets

2.5 cups of organic veggie broth

A cup of coconut or almond milk, unsweetened

Salt

Black pepper

½ tsp of mustard powder

For decoration:

Rosemary sprigs and thyme

Prep:

Warm up the oil over medium heat in a pot and sauté the celery and onion around 4 minutes.

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Then, add the potatoes and sauté for 2 minutes before adding the veggie broth and the milk. Bring to boil and add the salt, pepper, and herbs.

Lower the heat and cover the pot. Simmer for 20 minutes. 17 minutes through, add the broccoli.

Transfer the content into a blender and blend until smooth.

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Serve with the sprigs and thyme.

You can also add the florets after the blending if you don’t want to cook them at all.

Enjoy!

Sources:

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