

January is a Soup Month!

What's better on a chilly (well, almost chilly, as we are in the UAE ☺) winter day than a bowl of soup?

Fun facts about soup:

- The earliest archaeological evidence for the consumption of soup dates back to 6000 BC, and it was hippopotamus soup!
- Soups can be clear or thick, vegetarian and non-vegetarian
- Soups can be sweet or savory and can be eaten hot or cold

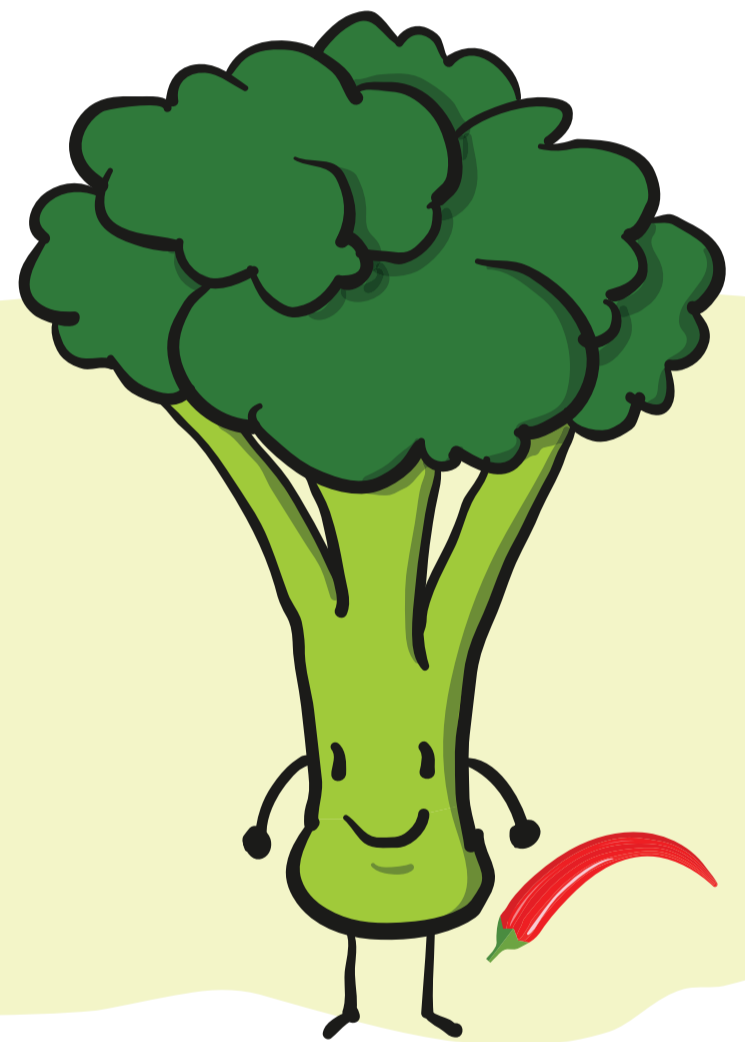
Why eat soup?

- It's delicious
- It's nutritious
- It's easy for your stomach to digest

Yummy and Easy Broccoli Soup

Ingredients:

- 1 tablespoon olive oil
- 1 large onion, chopped
- 3 cloves garlic, peeled and chopped
- 2 (10 ounce) packages chopped broccoli (fresh or frozen)
- 1 potato, peeled and chopped
- 4 cups chicken or veg broth Salt and pepper to taste



Directions:

1. Heat olive oil in a large saucepan, and saute onion and garlic until tender. Mix in broccoli, potato, and chicken or veggie broth. Bring to a boil, reduce heat, and simmer 15 minutes, until vegetables are tender.
2. With a hand mixer or in a blender, puree the mixture until smooth. Return to the saucepan, and reheat. Season with salt and pepper. Enjoy!



Healthy, fresh soup is available at Slices canteens every day!

slices
School Food Experts