



September (autumn time recipe)

Creamy Broccoli Soup

Ingredients (for 4 people):

Earth

2 broccolis
2 carrots
2 potatoes
2 liter vegetable stock
Cream (to refine)
Olive oil

Metal

2 onions
2 garlic cloves
Pepper

Water

Salt

Fire

Nutmeg
Marjoram
Lovage

Preparation:

Peel potatoes and carrots and cut them in pieces. Peel onions and garlic and chunk it. Wash the broccoli and separate the florets.

Roast the vegetable gently in olive oil. Add vegetable stock and cook until the mixture is firm to the bite. Add more vegetable stock (if necessary).

Puree the soup and add cream.

Season the soup with nutmeg, marjoram, lovage, salt and pepper.

Enjoy your meal!