

# Broccoli Soup with Chlorella

VEGAN



serving suggestion

ecoduna

PREMIUM ALGAE FROM AUSTRIA 

# Broccoli Soup with Chlorella

for 4 portions | 20 minutes | easy

## INGREDIENTS

- 1 tsp. **ecoduna chlorella powder**
- 800 ml vegetable soup
- 400 g broccoli (chopped)
- 200 g soy cream
- 1 onion (finely chopped)
- 2 tbsp. vegetable oil
- 1 potato (diced)

add salt and pepper to taste

## PREPARATION

Fry the broccoli, the potato and the onion in a saucepan with 2 tbsp. of oil. Add the vegetable soup, boil it up and cover the saucepan for about 10 minutes. Puree the soup while stirring in the soy cream and the **ecoduna chlorella powder**. Season with salt and pepper.

*Tip: Dice 2 slices of white bread, then fry them in a pan with a bit of oil until they are crispy. Serve them on the soup.*

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## CHLORELLA

Chlorella helps your body to **detox** and naturally contains high amounts of **vegan protein (46%)**, vitamin B12, **iron** and **folate**.



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