

Broccoli and Coriander Soup

This soup is delicious and provides many health benefits. It is ideal for travelers who are on the go and want to maintain their health. This soup is made from three main ingredients: broccoli, coriander and onion, all of which have well-known properties for promoting health.

Coriander seeds have been used in curries, sauces and soups for centuries. They are rich in vitamins A, C and K, and minerals such as iron, magnesium and potassium. The health benefits of coriander seeds are many and include reducing insomnia, anxiety and depression; improving memory; treating allergies and skin disease; improving digestion; preventing certain cancers; and reducing cholesterol (NTP 2014). This ingredient was introduced to England by the Romans and has been used in traditional foods by different cultures throughout the world, including in Asia, South America, the West Indies as well as Europe (Rose 1980).

Onions help to balance blood pressure and cleanse the body from toxins. They are low in calories and high in beneficial nutrients like vitamins, minerals, sulfur antioxidants and proteins. Possible health benefits of consuming onions include lowering the risk of cancer, improving mood and maintaining the health of skin and hair (MNT 2014). The onion symbolized the universe to the ancient Egyptians because in their cosmology, the various spheres of hell, heaven and earth were concentric, like the layers of an onion (Rose 1980).

Broccoli is loaded with essential nutrients and has therapeutic properties. This vegetable contains high levels of fiber and is a rich source of vitamin C. Broccoli provides many health benefits, including a reduced risk of developing cancer, heart disease and other diseases. According to Medical News Today, "just a 100 gram serving of broccoli will provide you with more than 150% of your recommended daily intake of vitamin C, which in large doses can potentially shorten the duration of the common cold" (MNT 2013).



“Eating just a few ounces of broccoli each day may significantly reduce a person's risk of ulcers and stomach cancer, researchers from Johns Hopkins University have found.”

Natural News, 2009

Ingredients for four persons:

Note: Measurements are provided in grams and the approximate equivalent in ounces (g/oz).

1 Onion	173/6
Broccoli	162/5.7
Coriander	15/4
Olive oil	5 (1 tsp.)
Water/chicken stock	2 pints, approx.
Salt and pepper	

Prepare, cook and serve:

1. Wash the coriander then pick the leaves from the stalk.
2. Peel and chop the onion into 1 in. pieces.
3. Place a pan onto a low-medium heat and add the onion, stir and cook with a lid on.
4. Turn the heat down to low and cook until the onion is soft and transparent.
5. Cut the broccoli into florets and add to the onion. Stir and place back the lid and continue cooking for 5 minutes.
6. Add water or chicken stock (for extra flavor); then raise the temperature and bring to the boil.
7. Lower the heat to low-medium and simmer until the broccoli is just cooked.
8. Blend the ingredients together and place them back onto a medium heat and simmer to combine them.
9. Remove the pan from the heat and add the coriander; then blend and season to taste.
10. Serve.

Chef's Tip:

For the soup to have good color, cook fresh broccoli until it is slightly undercooked and crunchy.

References:

- MNT (2013) <http://www.medicalnewstoday.com/articles/266765.php> [accessed June 13, 2014]
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Rose, Jeanne (1980) Jeanne Rose's Herbal Guide to Inner Health, Grosset & Dunlap, New York