

## Creamy Broccoli Soup

1 package (1 LB) silken tofu  
1 box (32 oz) chicken broth or stock  
½ cup carrots, chopped  
2 cups broccoli, chopped  
½ medium onion, quartered  
1 garlic clove  
½ tsp salt  
Pepper

Steam carrots, broccoli, onion and garlic till soft.

Take steamed veggies, broth, and tofu and put in blender to chop veggies to desired consistency.

Add salt and pepper and heat on stove till warm but not to boil.