

## Broccoli, Beans and Silken Tofu Soup

Ensure that as many of the ingredients as possible are organic.

### Ingredients

2 heads of broccoli

2 cups of flat beans

3 stalks of celery

5 cloves of garlic

2 onions

1kg organic chicken bones

Extra virgin olive oil

Salt & pepper

### Instructions

Finely dice onions, garlic, celery and carrot and sauté in extra virgin olive oil until clear. Add chicken bones and 4 cups of filtered water and simmer for 3 hours gently. Ensure that the chicken bones are always covered in water. Remove chicken bones, add broccoli & flat beans and simmer for 30 minutes. Add silken tofu to finish. To serve garnish with coriander and drizzle of extra virgin olive oil.