

## Fennel Soup

### Ingredients

- 1½ cups fennel bulb, chopped
- 2 cups chicken or vegetable broth (or substitute 1 cup water for 1 cup broth)
- 1 tablespoon onion, finely minced
- ¼ teaspoon allspice seasoning blend
- Sea salt and pepper to taste

### Directions

1. Add chopped fennel bulbs, spices, and minced onion to vegetable broth.
2. Heat in small saucepan and simmer for 20 minutes.
3. Add lemon with rind to the broth if desired.
4. Serve warm with chopped sprigs of fennel for garnish.

Makes 1 serving (1 vegetable)
1 gram protein
0 fat
45 calories

### PHASE 3

### MODIFICATIONS:

Add half and half or cream.

