



Fresh - Local - Delish

Cooking with TRACTOR & Extension



Cream of Broccoli Soup

Ingredients:

- 1 ½ cups of chicken broth
- ½ cup onion, chopped
- 2 cups broccoli, cut
- ½ teaspoon thyme, dried and crushed
- 2 bay leaves, small
- 2 tablespoons margarine or butter
- 2 tablespoons flour
- ¼ teaspoon salt
- 1 dash pepper (optional)
- 1 cup non-fat milk
- 1 dash garlic powder (optional)

Instructions :

1. In a saucepan combine chicken broth, chopped onion, broccoli, thyme, bay leaf, and garlic powder. Bring mixture to a boil. Reduce heat; cover and simmer for 10 minutes or until vegetables are tender. Remove bay leaf.
2. Place half the mixture in a blender or food processor, cover and blend for 30-60 seconds or until smooth. Pour into bowl; repeat with remaining vegetable mixture, set all aside.
3. In the same saucepan melt the margarine. Stir in flour, salt and pepper. Add all the milk at once, stirring rapidly with a wire whisk. Stir in the blended broccoli mixture. Cook and stir until soup is heated through.