

## Let's Make Hearty Soups February 2015

### Cream of Broccoli Soup

**Servings:** 6-8

**Ingredients:**

- 1  $\frac{1}{2}$  pounds broccoli
- 2 cups water
- $\frac{1}{2}$  cup butter
- $\frac{1}{2}$  large onion, chopped
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon dill weed
- $\frac{1}{2}$  cup flour
- 4 cups milk
- 1 cup cheddar cheese, grated

**Directions:**

- 1) Clean and break broccoli into florets and chop stems into  $\frac{1}{2}$ -inch chunks. In large saucepan cook the broccoli until tender. Separate stems from the florets.
- 2) In Dutch oven or heavy soup pot melt butter over low flame and add onions, salt, pepper, and dill. Cook until onions are tender.
- 3) Stir in flour and cook for 2 minutes, stirring constantly. Add 2 cups of milk and 1 cup of broccoli cooking water to mixture in the Dutch oven. Cook, stirring until mixture thickens.
- 4) Blend remaining broccoli cooking water and stems. Then add to Dutch oven mixture. Continue cooking and stirring. Add additional 2 cups of milk and broccoli florets until soup is heated through.
- 5) As you serve the soup, top each bowl of soup with grated cheese.

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