

CREAM OF FRESH BROCCOLI SOUP

A cup of this easy soup made with fresh broccoli and a dash of nutmeg makes a simple supper when served along side a grilled cheese sandwich. What's not to love?

by Jill Yarbrough, Dining Services Test Kitchen Manager

Featured Food: Broccoli

Yield: 6-8 Servings

Ingredients

3 c. fresh broccoli florets	1 ½ T. vegetable base or chicken base
¼ c. diced onion	4 ½ c. 2% milk
¼ c. diced celery	¼ t. ground nutmeg
4 T. butter	Salt and pepper to taste
4 T. flour	

Preparation

Wash and cut broccoli florets into bite size pieces. Sauté onion and celery in butter. Add flour and whisk together to make a roux. Allow to cook for five minutes. Stir in vegetable or chicken base. Slowly whisk in milk, stirring constantly until smooth. bring to a low boil while still mixing. As thickening occur, turn heat down. Add nutmeg and then broccoli. Simmer for at least 30 minutes, stirring occasionally. Taste. Add salt and pepper as needed. If soup is too thick, add more milk and slowly continue to heat.