



GARDEN BROCCOLI CHEESE SOUP

SUBMITTED BY: ALICE ORR

Ingredients:

Garden broccoli-cheese soup

Broccoli – depends on how much you have and how many you plan to feed!

Broth

¼ cup butter

¼ cup Flour

1 cup grated cheese – cheddar, Jack or other or a mixture

Salt and Pepper

Optional seasonings

Instructions:

Cut broccoli from stalks. Make a vegetable broth using broccoli stalks and leaves along with onions, carrots, celery, and/or any tired veggies from garden and about 3 - 4 cups water. OR just use chicken, beef, or vegetable broth!

Cook broccoli in broth until a bit over done.

Make a cheese sauce

¼ cup butter

¼ cup flour

About 2 cups broccoli water or broth

About a cup of grated cheese or more to taste

Salt and Pepper to taste

½ tsp garlic powder (optional)

Dollop of Worcestershire sauce (optional)

Scant teaspoon of mustard (optional)

Melt butter, stir in flour until well blended. Gradually add broth stirring constantly until mixture thickens and is smooth and creamy. Add grated cheese a bit at a time until melted and well incorporated. Taste and adjust seasonings.

Add broccoli chopped to your taste. Blend if you like a smooth consistency. Or keep it chunky. I like to save some florets, blend the soup with a stick blender and then add the florets to the smooth base.

Heat through and serve. Add croutons on top if you like. (Amounts can be easily adjusted depending on the number of people and the amount of broccoli!)