

FARMERS' MARKET RECIPES

Cream of Broccoli Soup

From the What's Cooking? USDA Mixing Bowl

Ingredients

- 1½ cups reduced sodium chicken broth
- 1/2 cup onion (chopped)
- 2 cups broccoli (cut)
- 1/2 teaspoon thyme (dried, crushed)
- 2 bay leaves (small)
- 2 tablespoons margarine
- 2 tablespoons flour
- 1/4 teaspoon salt
- 1 dash pepper (optional)
- 1 cup non-fat milk
- 1 dash garlic powder (optional)

Directions

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 of the mixture in a blender or food processor, cover and blend 30 to 60 seconds or until smooth. Pour into a bowl; repeat with remaining vegetable mixture, set all aside.
3. In the same saucepan melt the margarine. Stir in flour, salt, and pepper. Add the milk all at once, stirring rapidly with a wire whisk. Cook and stir until mixture is thickened and bubbly. Stir in the blended broccoli mixture. Cook and stir until soup is heated through. Season to taste with additional salt and pepper.



For more recipes, tips and information visit www.ncfamilieseatingbetter.org

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Nutrition Information

Servings 4
Calories 120/serving
Total Fat 6g
Saturated Fat 1g
Protein 5g
Carbohydrates 12g
Dietary Fiber 2g
Sodium 560mg



Substitution: Cauliflower



Storage: Store broccoli unwashed in an open plastic bag in the refrigerator. If bought very fresh (i.e. at a farmers market) broccoli will keep up to 10 days.



Tips: One medium bunch broccoli will yield 3 1/2 cups of chopped broccoli stalks and florets. Soup is a perfect way to use the stems of the broccoli. By using the stems, you can save the florets for another meal.

To find local farmers' markets in North Carolina, visit myeatSMARTmove.com/FarmersMarkets

