

## CREAM OF BROCCOLI CHEESE SOUP

### INGREDIENTS:

❖ Onion	1 ea
❖ Butter	½ Cup
❖ Flour	½ Cup
❖ Whole Milk	4 Cups
❖ Half-and-half	2 Cups
❖ Broccoli	4 Heads
❖ Nutmeg	Pinch
❖ Cheese (grated)	3 Cups
❖ Salt	Dash
❖ Black pepper	To Taste

### METHOD:

1. Melt Butter over medium heat.
2. Sprinkle flour over melted butter and stir until smooth
3. Cook butter & flour roux about a minute pour in milk and Half-and-half
4. Stir until smooth and thickened.
5. Add nutmeg, salt, and pepper (be sparing with the salt as the cheese has plenty of salt).
6. Stir in broccoli and onion. Cover reduce heat to low.
7. Simmer 20 – 30 minutes until broccoli is tender.
8. Stir in cheese and allow to melt.

### Notes

- Soup can be served as is or you can mash with potato masher for a smoother soup (some people like to blend the soup in a blender)
- If soup is to thick add a little milk or chicken broth to obtain optimum consistency.
- I use a double boiler to prevent scorching of the milk.

