

## **CREAM OF BROCCOLI SOUP**

### **Equipment:**

Measuring Spoons  
Measuring Cup  
2, 2 Qt. Glass or Microwave safe plastic bowls with covers.  
Wire Whip  
Wooden Spoon or High Temp Rubber Spatula  
Fine mesh strainer

### **Ingredients:**

6 tbsp butter or margarine 100 ml  
1 tbsp finely chopped onion 15 ml  
1/3 cup flour 80 ml  
2 cups milk 500 ml  
1 cup chicken broth 250 ml  
3/4 tsp salt 3 ml  
dash pepper  
dash nutmeg, optional  
10 oz. package frozen chopped broccoli, defrosted (300 gms)

### **Procedure:**

Combine butter, flour and onion in a 2-quart (2 L) casserole.  
Cook at **P7** 1½ - 2 minutes or until the mixture is bubbly but not brown.  
Allow to cool slightly  
Combine the milk, broth, salt, pepper and nutmeg and heat on **P8** for 2 minutes  
Add liquid to the flour butter mixture in 3 stages stirring until smooth after each addition.  
Cook at **P4** 7 – 9 minutes, or until soup is slightly thickened, stir occasionally. Soup should come to a full boil  
Add broccoli and “pulse” in food processor or blender until broccoli pieces are the size of the tip of your little finger  
Return to bowl and cook at **P4** 3 - 4 minutes, stir once.  
Makes: 4 servings

### **Variations:**

**Cream of Mushroom Soup:** follow above procedure. Substitute 1 cup (250 ml) sliced, cooked mushrooms for broccoli.

**Cream of Spinach or Asparagus Soup:** follow above procedure. Substitute 1 package 10 oz. (300 g) frozen spinach or asparagus, for broccoli.

**Cream of Chicken Soup:** follow above procedure. With butter, flour and onion, cook ¼ lb (125 g) chicken meat, diced, 2½ - 3 minutes, stir once. Use 2 cups (500 ml) of chicken broth and 1 cup (250 ml) milk,