

YINZER YUMS OF YESTERYEAR

BROCCOLI SOUP



INGREDIENTS

- 24 oz. frozen broccoli florets, thawed
- 2-3 carrots, peeled and diced
- 2-3 stalks celery, cleaned and diced
- medium onion, chopped
- medium shallot, chopped
- 4-6 potatoes, peeled and chopped
- Enough water or stock to cover veggies
- If using water, 4 cubes or 4 tsp. veggie or chicken bouillon
- 4 tbsp butter
- 4 tbsp flour
- ½ cup heavy cream or half and half
- A leftover Parmesan rind
- Salt and pepper to taste

PREPARATION

First, thaw out your broccoli in a colander. Then peel and chop your carrots and potatoes and chop your celery, onion, and shallot. Place your carrots, celery, onion, and shallot into a heavy Dutch oven with 4 tablespoons of butter plus some salt and pepper and cook for 5-8 minutes until softened. Then add your potatoes and broccoli, adjusting the flavor with more salt and pepper, and stir until all flavors are combined. Allowed to cook for another 5 to 8 minutes. Then add 4 tablespoons of flour and combine. Add your water or stock, just covering your veggies. If using water, add bullion. Add a Parmesan cheese rind and cover your Dutch oven. Allow to simmer for at least an hour.

Uncover and add ½ cup cream or half and half. Then, blend your soup with an immersion blender. If you don't have an immersion blender, add soup to a standing blender or food processor carefully with a ladle and pulse blend so it is still a bit chunky.

Top with shredded cheddar cheese to serve. This soup also pairs beautifully with grilled cheese sandwiches.



ORIGINAL RECIPE - ME, A BROKE GAL IN MY 20S CIRCA 2004