

Broccoli Soup



Makes 2 quarts

Steps

1. In a medium-size pot begin melting butter over medium-high heat. Add onions and saute until translucent (about 5 minutes). Add garlic, carrots and celery and continue cooking for another 5 minutes. Season with salt and pepper (I start with $1 \frac{1}{2}$ teaspoons salt and $\frac{3}{4}$ teaspoon freshly ground pepper and then make adjustments after the soup is blended).
2. Add broccoli and continue to cook until the broccoli is tender. This may take about 7 minutes.
3. Add the flour, stir well and continue to cook for a couple of minutes until brown bits are forming around the pot. Make sure you are scrapping them. Don't let the flour burn.
4. Slowly add the stock. Bring to a boil. At this point you are ready to puree the mixture. You can use an immersion blender or a traditional blender but be careful. This mixture will be hot.
5. Once pureed, add the half-and-half and taste for seasonings. You're ready to serve. Top with your favorite shredded cheese and croutons.

Ingredients

- 4 tablespoons butter
- 1 large onion, chopped
- 2 cloves garlic, minced
- 1 stalk celery, chopped
- 1 large carrot, chopped
- 1 and $\frac{1}{2}$ pounds broccoli
- Kosher salt and pepper
- 2 tablespoons all-purpose flour
- 1-quart low-sodium chicken or vegetable stock
- $\frac{1}{2}$ cup half-and-half

For the Topping

- Your favorite shredded cheese
- Homemade croutons would be awesome too!