

Herbal Legacy Recipes

Creamed Broccoli Soup

Contributed by Herbal Legacy Newsletter subscriber Amy J. from Springville, UT
A delicious, comforting soup that you family will love this winter season.

INGREDIENTS:

- 4 T. canola oil or butter substitute
- 1/2 medium onion chopped
- 2 medium potatoes cubed
- 4 cups broccoli
- 4 cups water
- 4-6 tsp. Vegetable bouillon
- 1 tsp salt



DIRECTIONS:

Melt butter and sauté onions for a few minutes. Then add potatoes and sauté another minute. Add broccoli and stir for one more minute. Then add the water and bouillon. Simmer for 15-20 minutes with the lid on. Take out a cup full at a time and purée. You can purée it all or leave some chunky. Pour it all back in the pan and simmer without the lid until it reaches desired consistency. It will get thicker the longer you simmer it. Add salt as desired. You can serve with a little grated non-dairy cheese and salt and pepper. (I ended up letting it simmer another 30 minutes)

If you are short on time, reduce your liquid by one cup to produce a thicker soup. Then return to pot after puréeing and serve when soup is warm.

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