

Creamy Broccoli Soup with Homemade Croutons

MG Newsletter, Julie Hyske

Ingredients Serves 6

Soup: 4 tbsp butter, room temperature,
4 cups fresh broccoli, chopped
1 large onion, chopped
1 carrot, chopped
3 tbsp all-purpose flour
4 cups low-sodium chicken broth
½ cup cream
Salt and freshly ground pepper to taste

Homemade Croutons:

loaf of day-old French bread
olive oil
salt and freshly ground black pepper
Italian Seasoning



Melt 4 tbsp butter in heavy medium pot over medium-high heat. Add broccoli, onion, carrot, salt and pepper and sauté until onion is translucent, about 6 minutes. Add the flour and cook for 1 minute, until the flour reaches a blonde color. Add stock and bring to boil. Simmer uncovered until broccoli is tender, about 15 minutes. Pour in cream. With an immersion blender, puree the soup. Add additional salt and pepper, to taste, and then replace the lid back on the pot. Serve hot with homemade croutons. Homemade

Croutons: Preheat oven to 400 °F. Cut bread into cubes and place in a large bowl. Drizzle cubes with olive oil, salt, pepper and Italian seasonings. Mix well. Spread seasoned bread onto a sheet pan and bake for about 10-15 minutes. Serves 6