

# My Recipe Obsession

## Broccoli Soup

- *Serves:* 6
- *Hands-on Time:* 10-15 minutes
- *Cooking:* 35-40 minutes

### Ingredients:

- 1 large onion, coarsely chopped
- ¼ cup unsalted butter or margarine
- 1 ½ lbs. broccoli (about 1 large bunch), trimmed
- Approx. ¾ cup fresh parsley, coarse stems removed
- Approx. ¾ cup fresh dill, coarse stems removed
- 4 cups chicken broth
- ⅛ tsp. grated nutmeg
- ½ tsp. salt and pepper
- One, 354 ml can evaporated milk



### Steps:

1. Peel and coarsely chop the onion.
2. In a large saucepan or Dutch oven, melt the butter or margarine and, over a medium heat, sauté the onion until it is soft and translucent.
3. While the onions are cooking, trim the broccoli. Remove any little green leaves and cut off the florets high up the stems. Peel the lower stems, discarding the tough ends, and chop them coarsely. Add the broccoli to the onions and continue to sauté gently while you prepare the parsley and dill.
4. Finely chop the parsley and dill. You can combine them and chop both at the same time. Add to the onions and broccoli. Add the broth, nutmeg, and about ½ tsp. each of salt and pepper. Bring to a boil, reduce heat, cover, and simmer for about 35 - 40 minutes, or until the broccoli stems are soft.
5. If you have an immersion blender, purée the soup in the pot. If using a food processor, strain the soup, reserving the liquid and returning it to the pot. Turn the contents of the strainer into the work bowl of the food processor. The processor should be fitted with the metal blade. Purée, using off/on pulses, then return the purée to the liquid in the pot. Stir together. If you want to freeze the soup, do so at this point, before you add the milk.
6. Stir in the evaporated milk and season to taste with salt and pepper.