
Chilled Broccoli Soup

The Genuine, Good, Old-Fashioned, Everyday Gourmet Cookbook - Dominion Douglas Church - Montreal, CAN

3 tablespoons butter
1/4 cup onions, diced
1/4 cup celery, diced
1 pound fresh broccoli OR two boxes frozen chopped broccoli
1/2 cup chicken stock
1 cup whole milk
1 cup 15% cream
1 teaspoon salt
1/8 to 1/4 teaspoon curry
1/4 teaspoon pepper

In a saucepan over low heat, melt the butter. Add the onions and celery. Cook, covered, for 5 minutes. Add the diced broccoli and chicken stock. Cook until the broccoli is tender.

Add the remaining ingredients and cook for 10 minutes longer. Do not boil.

Blend the mixture in a blender or press through a sieve.

Taste for seasoning. Chill and serve.

(The amount of cream may be increased and the stock decreased proportionately. Fresh asparagus can be substituted for the broccoli as a variation.)

Yield: 4 to 5 servings

Soups, Chili, Stew

Per Serving (excluding unknown items): 487 Calories; 43g Fat (78.6% calories from fat); 10g Protein; 17g Carbohydrate; 1g Dietary Fiber; 126mg Cholesterol; 3704mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1 Non-Fat Milk; 8 1/2 Fat.