

# Broccoli Soup

Nan Stallworth - Monroeville, AL

Treasure Classics - National LP Gas Association - 1985

**Yield: 6 to 8 servings**

*2 packages (10 ounce ea)  
frozen chopped broccoli  
3 cups chicken broth  
grated rind of one large  
lemon  
1 medium onion, chopped  
1/2 stick butter  
3 to 4 tablespoons flour  
2 cups half-and-half or milk  
salt (to taste)  
pepper (to taste)  
Tabasco sauce (to taste)*

**Preparation Time: 15 minutes****Cook Time: 30 minutes**

In a saucepan, heat the broccoli and grated lemon rind in chicken broth.

In a saucepan, saute' the onion in butter. Add the flour. Stir until smooth.

Add the broccoli and chicken broth to the butter-flour mixture. Stir. Add the warmed milk.

As the soup thickens, adjust the seasonings to taste.

(This soup will keep for several hours on the stove. Reheat slowly. Freezing improves quality.)

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Per Serving (excluding unknown items): 1929 Calories; 54g Fat (25.5% calories from fat); 55g Protein; 298g Carbohydrate; 13g Dietary Fiber; 124mg Cholesterol; 2769mg Sodium. Exchanges: 19 Grain(Starch); 1 1/2 Lean Meat; 1 1/2 Vegetable; 9 Fat.