
Cream of Asparagus or Broccoli Soup

Home Cookin - Junior League of Wichita Falls, TX - 1976

2 packages (10 ounce ea) frozen asparagus or broccoli spears

1/3 cup butter

2 tablespoons grated onion

1/3 cup unsifted flour

1 1/2 teaspoons salt

dash pepper

6 cups milk

1 cup half-and-half

2 cubes chicken bouillon

parsley (for garnish)

dash paprika (for garnish)

In a saucepan, cook the asparagus or broccoli according to package directions. Drain, measuring the liquid. Add water to the liquid to make one-half cup.

In a blender, puree' the asparagus or broccoli with the measured liquid.

In a saucepan, melt the butter. Add the onion and saute' for 1 minute. Blend in the flour, salt and pepper. Gradually stir in the asparagus or broccoli mixture, milk and cream. Add the bouillon cubes. Cook and stir over low heat until the soup is thickened.

Garnish with parsley and a dash of paprika.

(The soup may be refrigerated and reheated before serving. Additional milk may be added to thin the soup if needed.)

Yield: 8 to 12 servings

Per Serving (excluding unknown items): 1638 Calories; 112g Fat (61.2% calories from fat); 56g Protein; 104g Carbohydrate; 1g Dietary Fiber; 363mg Cholesterol; 7502mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Vegetable; 6 Non-Fat Milk; 21 Fat.