

Fresh Broccoli Soup

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

2 bunches (1 pound ea) fresh broccoli

2 cups water

1 can (14 1/2 ounce) chicken broth

1 teaspoon dried whole marjoram

1/4 teaspoon salt

1/8 teaspoon pepper

2 large carrots, scraped and sliced

1 medium onion, quartered

1/2 cup skim milk

Trim the leaves and tough ends of the lower stalks from the broccoli. Cut into 1-inch pieces. Set aside.

In a Dutch oven, combine the broccoli, water, broth, marjoram, salt, pepper, carrots and onion. Cover and simmer for 15 to 20 minutes or until the vegetables are tender.

Remove two cups of the broccoli flowerets from the soup mixture with a slotted spoon. Set aside.

Spoon half of the soup mixture into the container of an electric blender. Process until smooth.

Repeat with the remaining soup mixture.

Return the soup mixture to the Dutch oven. Stir in the milk and reserved flowerets.

Cook the soup over low heat, stirring constantly, until thoroughly heated.

Yield: 6 3/4 cups

Per Serving (excluding unknown items): 235 Calories; 3g Fat (9.3% calories from fat); 17g Protein; 40g Carbohydrate; 12g Dietary Fiber; 2mg Cholesterol; 1475mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 6 1/2 Vegetable; 1/2 Non-Fat Milk; 0 Fat.