

Super Broccoli Soup

Harriet McAlister

Apple Pie and Sisterhood; Favorite Recipes From Tri Kappa

*1 package frozen chopped
broccoli*

3 tablespoons butter

*2 tablespoons onion,
chopped*

3 tablespoons flour

4 cups whole milk

1/8 teaspoon paprika

*1 teaspoon Worcestershire
sauce*

1 teaspoon salt

*1 cup shredded extra sharp
Cheddar cheese*

In a pot, cook the broccoli in water for 3 minutes.
Place in a blender. Chop finely. Drain of any
liquid.

In a saucepan, melt the butter. Add the onions.
Stir and add the flour. Blend and add whole
milk. Stir until thick.

Add the broccoli, paprika, Worcestershire, salt
and cheese. Heat until the cheese melts.

Serve.

Per Serving (excluding unknown
items): 1002 Calories; 67g Fat
(59.9% calories from fat); 35g
Protein; 66g Carbohydrate; 1g
Dietary Fiber; 226mg Cholesterol;
3012mg Sodium. Exchanges: 1
Grain(Starch); 0 Lean Meat; 1/2
Vegetable; 4 Non-Fat Milk; 12 1/2
Fat; 0 Other Carbohydrates.