



BROCCOLI SOUP

Actually, make all cream soups this way.

4 tablespoons butter or margarine
4 tablespoons flour
1 onion, chopped
4 cups milk (or soymilk)

2 cups fresh or 16 ounces frozen broccoli
1-2 cups shredded cheese
Salt & pepper to taste

Sauté onion in butter until soft. Add flour and cook over medium heat until well cooked, about 5 minutes, stirring constantly. Add milk, a little at a time, until mixture is slightly thick, and bubbly. Add broccoli (which has been cooked until barely tender, and chopped) and cheese, stirring until melted. Season with salt and pepper and serve. Serves 4. Double to serve 8.