

Creamy Broccoli Soup

Serves 6

Certainly would work for asparagus, too. Soup may be refrigerated in airtight container for 2 days.

Ingredients:

<i>2 pounds broccoli, stem ends trimmed</i>	<i>3 ½ cups low-sodium chicken broth</i>
<i>3 tablespoons butter</i>	<i>½ cup frozen peas</i>
<i>1 large leek or 2 small leeks, white and light green parts only, quartered (or halved for small ones) and sliced thin</i>	<i>2 tablespoons grated Parmesan cheese</i>
	<i>¼ cup heavy cream</i>
	<i>½ teaspoon lemon juice</i>

Salt and pepper

1. Cut crowns off broccoli into bite size pieces.
2. Peel broccoli stalks and chop into ¼-inch thin or thinner slices
3. Melt 1½ tablespoons butter in Dutch oven over medium-high heat
4. Add broccoli crowns to butter and cook, stirring to prevent browning until just tender and then set aside
5. Add remaining butter, broccoli stalks, leeks, ½ teaspoon salt, 1/8 teaspoon pepper to an empty pot and cook over medium-low heat, stirring occasionally, until vegetables are softened (~10 minutes)
6. Add broth to pot and bring to boil over medium-high heat.
7. Reduce heat to medium-low and simmer until vegetables are tender (~5 minutes)
8. Stir in peas and Parmesan and ½ the broccoli crowns
9. Puree soup in blender, in two batches, and then force through a sieve and return to pot
10. Stir in cream, lemon juice, and remaining broccoli crowns, and cook until heated through (~2 minutes)
11. Season with salt and pepper and serve