

# Broccoli Cheddar Soup

A quick and creamy soup made from pantry staples

Serves 4

3 green onions or 1/2 small yellow onion, minced

3 tablespoons butter (or oil)

2 tablespoons all-purpose flour

1 head of broccoli (about 1 pound), chopped

5 cups warm milk (fresh, boxed or made from powdered milk)

1 teaspoon each: salt and prepared (or dried) mustard

2 teaspoons Worcestershire or soy sauce

¼ teaspoon each: garlic powder and black or cayenne pepper

2 cups grated cheddar cheese

Heat 3 tablespoons butter or oil over medium heat in large pot. Add onion and cook stirring until soft, 3 -5 minutes. Sprinkle in flour and stir constantly for 1 minute. Remove pan from heat.

Slowly add milk 1 cup at a time, stirring or whisking constantly to keep flour mixture from clumping up.

Add broccoli and seasonings. Return to burner and cook over medium-low heat until milk is hot and broccoli is tender, about 20 minutes. Stir occasionally to prevent milk from scorching.

Remove soup from heat, stir in cheese to melt.

Serve with toast or crackers.