

BROCCOLI BISQUE SOUP

This cream free recipe is simply delicious. It has been a staple in my home for more than two decades.

Ingredients:

2 Tbsp. butter
1 ¼ to 1 ½ pounds fresh broccoli, trimmed and chopped
1 medium onion, coarsely chopped
½ to 1 tsp. curry powder
½ tsp. salt
Dash freshly ground pepper
3 ½ cups chicken broth
2 Tbsp. lemon or lime juice

Directions:

Melt butter in pot stock over medium heat. Add roughly chopped broccoli, onion and curry powder. Saute a minute or two, but do not allow onion to brown. Add salt, pepper and broth. Stir until mixed. Cover and bring to a boil. Reduce heat and simmer until broccoli is just tender, about 10 minutes. Use a stick blender to blend. Add citrus juice, additional salt or pepper to taste.

Recipe by Elaine Groen, Healthy Cooking on the Run