

## Broccoli Soup

***Serves four***

2 TBS butter  
1 TBS olive oil  
1 pound broccoli florets and stems  
1 medium carrot – peeled and quartered  
1 large garlic clove – peeled and cut into thirds  
1 small white/ brown onion – chopped  
1 Russet potato – peeled and sliced  
4 cups water  
1 cup cream or milk  
Salt & Pepper  
Optional toppings – croutons or shoestring potatoes

Melt the butter with the oil in a large skillet.

Add all the vegetables and sauté until the onion is softened – about 5 minutes.

Add the water and cook until the vegetables are all softened. Do not cover your pot.

Allow the vegetables to cool down a bit and place them in the blender. Blend until creamy with no lumps.

Return the cream to the pan and add the cream or milk – whichever you are using. Mix in well.

Add salt and pepper to taste and heat through. You do not need to boil this. Just heat it and serve. Add your topping of choice. Enjoy!