



# Stillwater Farmers' Market

*Eat Fresh...Eat Local*

## Broccoli Cheese Soup

By Cindy Alexander for *The Recipe Table*, inspired by a recipe from chefnini, posted on food.com

Serves 2 as a main, 3-4 as a starter

- 1/2 lb fresh broccoli
- 1/4 cup plus 2 TB butter
- 1 cup chopped onion
- 1 cup finely chopped carrot
- 1/4 cup flour
- 2 cups chicken broth
- 2 cups half-and-half
- 1/4 teaspoon freshly grated nutmeg
- 8 ounces grated sharp cheddar cheese
- salt and freshly ground pepper to taste

Remove 1 1/2 cups of small flowerets from the broccoli and chop the remainder. Sauté the flowerets in 2 TB butter until just soft, add 1/2 tsp kosher salt, increase the heat and cook until tender and just beginning to brown. Set aside.

Cook the onions and carrots in the remaining butter until softened. Add the flour and cook, stirring frequently, for 5 minutes. Remove from the heat and gradually add the broth, stirring constantly. Add the broccoli and bring to a boil, stirring constantly. Add the half-and-half, reduce the heat and simmer gently for 45 minutes, stirring occasionally.

Partially blend. Add the reserved broccoli flowerets and the nutmeg and simmer gently for an additional 15 minutes.

Remove from heat and gradually add the cheese, stirring until melted. Add salt and freshly ground pepper to taste.

Notes from Cindy:

An immersion blender comes in very handy for this recipe.

Be sure to use a good quality cheddar cheese.

Use plenty of salt and pepper!