

4th Newbury (St Johns) Scouts



CREAMY BROCCOLI SOUP



INGREDIENTS (Serves Patrol of 6)

1 Tablespoon Butter

1 Tablespoon flour (plain)

56 grams (2 Ounces) of Onion finely chopped

670 grams (1.5lbs) fresh Broccoli florets small chopped

Pinch salt

Pinch pepper

4.5 cups (1070ml) whole Milk

DIRECTIONS

- 1) Saute (fry off) the onions in butter stirring occasionally in medium pan for approx 4 minutes until onions look crisp-tender. Whisk in the flour until well blended.
- 2) Add the milk and stir occasionally on heat for about 5 minutes. The mixture should start to thicken. Add the chopped Broccoli and simmer until tender.
- 3) Season with the Salt and Pepper.
- 4) Serve as is or if you have a hand blender give it mix for a better consistency.
- 5) If blended reheat before serving.

Serve with bread or (shop bought croutons !!)