



THE J.M. SMUCKER Co

Cream of Broccoli

Prep Time Cook Time Serves Difficulty

15 mins 30 mins 8 N/A

Ingredients

- 1 tbsp (15 mL) Canola Oil
- 6 cups (1.5 L) broccoli, stems and florets (about 1 1/2 lb / 680 g), cut into 1" (2.5 cm) pieces
- 1 potato (about 8 oz / 250 g) peeled and cut into 1" (2.5 cm) pieces
- 1 onion, chopped
- 1 carrot, peeled and cut into 1" (2.5 cm) pieces
- 1 clove garlic, chopped
- 4 cups (1 L) chicken stock, vegetable stock or water
- 1 can (354 mL) **Carnation®** Fat Free Evaporated Skim Milk

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- 1 tsp (5 mL) salt
- 1/4 tsp (1 mL) pepper

Directions

Step 1:

Heat oil in a large saucepan or Dutch oven on medium heat. Add next 5 ingredients. Cook gently for 3-5 minutes, until tender and fragrant.

Step 2:

Add stock. Bring to a boil, cover pot, reduce heat and simmer for 30 minutes or until vegetables are tender.

Step 3:

Puree soup in blender, food processor or with immersion blender. Return to heat. Stir in evaporated milk, salt and pepper.

Step 4:

Taste and adjust seasoning if necessary.

Sprinkle some low fat grated cheese on top of each bowl of soup before serving.

If the soup thickens up when refrigerated just thin out with some water when reheating.

Images

