



## Easy Cheesy Broccoli Soup

By Erin Fletter

**Prep Time** 20 / **Cook Time** 30 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**adjust:** to change seasonings or consistency to one's taste or to alter portion sizes.

**chop:** to cut something into small, rough pieces using a blade.

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

**simmer:** to cook a food gently, usually in a liquid, until softened.

**taste:** to put a bit of food or drink in your mouth to determine whether more of an ingredient is needed to improve the flavor.

**whisk:** to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

### Equipment

- Soup pot + lid
- Cutting board
- Kid-safe knife
- Measuring spoons
- Wooden spoon
- Dry measuring cups
- Liquid measuring cup

- Whisk
- Immersion blender or stand blender (optional)

## Ingredients

### Easy Cheesy Broccoli Soup

- 4 green onions
- 1 garlic clove
- 3 T butter **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free butter or olive oil)**\*\***
- 2 C broccoli florets (about 1/2 broccoli head)
- 1 small carrot
- 2 T all-purpose flour **\*\***(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)**\*\***
- 1 C milk **\*\***(for DAIRY ALLERGY sub dairy-free/nut-free milk)**\*\***
- 1 1/2 C vegetable broth **\*\***
- 1 big pinch ground nutmeg
- salt and ground black pepper to taste
- 4 oz sharp cheddar cheese + more for garnish **\*\***(sub 1 C shredded dairy-free/nut-free cheddar cheese, like Daiya brand)**\*\***
- 1/4 C water or vegetable broth, if needed to thin soup

## Food Allergen Substitutions

### Easy Cheesy Broccoli Soup

**Dairy:** Substitute dairy-free/nut-free butter or olive oil for butter. Substitute dairy-free/nut-free milk. For 4 oz sharp cheddar cheese, substitute 1 C shredded dairy-free/nut-free cheddar cheese, like Daiya brand.

**Gluten/Wheat:** Substitute gluten-free/nut-free all-purpose flour.

**Nightshade:** Check vegetable broth labels for possible ingredients: tomato, potato, or bell pepper.

## Instructions

### Easy Cheesy Broccoli Soup

intro

In medieval Europe, cheese soup was served as a breakfast soup, sometimes poured over bread. Would

you eat that for breakfast? We would! Yum! This recipe makes about 4 to 5 cups of soup.

### chop + sauté

Chop **4 green onions** and **1 garlic clove**. Melt **3 tablespoons of butter** in a soup pot over medium heat. Add the chopped garlic and green onions. Sauté until soft, about 3 to 5 minutes.

### chop + grate

Chop **2 cups of broccoli florets** (about 1/2 head) into very, very small bits. Grate **1 small carrot**. Carefully add the carrot and broccoli to the soup pot and stir into the butter, garlic, and green onions. Add the lid and keep cooking the vegetables for 5 minutes, or until soft.

### whisk + roux

Whisk **2 tablespoons of flour** into your soup pot with the vegetables and cook until golden brown, about 3 to 4 minutes. Gradually pour and whisk in **1 cup of milk** until smooth. This is called a roux.

### measure + pour

Measure and pour in **1 1/2 cup of vegetable broth** and add **1 big pinch of nutmeg** to your soup pot. Taste the soup, season with **salt and black pepper**, and bring to a simmer. Reduce the heat to medium-low and cook, uncovered, until thickened, about 10 to 20 minutes.

### taste + adjust + grate

Once the vegetables are soft, taste the soup and adjust with more salt and black pepper if needed. Have kids grate **4 ounces of sharp cheddar cheese** and set to the side.

### purée

Optionally, if you want a smooth soup, you can carefully purée the soup with an immersion blender in your soup pot, or carefully transfer the soup to your blender and blend well, then transfer the puréed soup back to your pot. You can also leave the soup chunky!

### sprinkle + whisk

Sprinkle **1 cup of the grated cheddar cheese** into the soup. Whisk over medium heat until the cheese is melted. Add up to **1/4 cup of water or broth** if the soup is too thick.

### garnish + serve

Ladle the warm broccoli soup into bowls and garnish with extra cheese on top. Try serving it with **Cool Corn Muffins!**

## Featured Ingredient: Broccoli!

Hi! I'm Broccoli!

"Hello! Did you know that cabbage and cauliflower are my cousins? I resemble a small tree with a green trunk and branches topped with blueish-green flower buds—my crown!"

## History & Etymology

Broccoli first came from the eastern Mediterranean and Asia Minor and spread to Italy in the 16th century. Broccoli was once known as Italian asparagus.

Broccoli is a member of the Brassica oleracea family, an important group of vegetables that can help reduce cancer risk.

China and India produce the most broccoli in the world. Over 90 percent of the broccoli crop in the United States is from California, where it is grown year-round.

The word "broccoli" is Italian, the plural form of "broccolo," from "brocco," (a shoot, arm, or branch), from the Latin "broccus," (projecting).

## Anatomy

The main broccoli crown or head and the group of flower buds on the side shoots are harvested when the flower buds are closed and compact with no yellowing buds or flowers. Heads are removed with about 4 to 6 inches of stem attached. When the main head is cut, new shoots with smaller heads form, so a single plant will keep producing for many weeks.

It is essential to cool down broccoli as soon as possible after harvest; otherwise, small yellow flower heads will develop rapidly, which are bitter. Often you may see boxes of broccoli arriving at the greengrocers covered in ice to prevent further maturing.

## How to Pick, Buy & Eat

To pick the best broccoli, select fresh, bright-green heads with compact clusters of tightly closed flowerets. Stalks and stem leaves should be tender yet firm. Avoid any with yellowing flowerets and thick, woody stems.

Keep broccoli dry and store it in a vented plastic bag in the refrigerator for up to 5 days.

Broccoli can be boiled, steamed, grilled, and roasted. It is added to green salads, either raw or cooked, and included in soups, stir-fries, fried rice, and pasta dishes. It is also a tasty and healthy vegetable to pair with every type of meat and fish.

## Nutrition

Don't underestimate the power of broccoli! It became famous when researchers found it contained a compound called sulforaphane, which can function as an anticancer agent.

Just one serving has two days' supply of vitamin C (don't overcook, or you'll lose some). It is also a good source of dietary fiber and provides potassium, vitamin E, folate, and beta-carotene.