

## Cream of Broccoli Soup

### ***INGREDIENTS:***

2-3 cups lightly steamed broccoli (can be leftovers from a previous meal)  
1 Tbsp Smith Meadows Green Garlic Pesto  
4 Tbsp olive oil  
1 medium onion chopped fine  
2 Tbsp butter  
2 Tbsp whole grain flour  
2½ cups whole milk  
2½ or more cups chicken or beef broth  
1/8 – ¼ tsp ground nutmeg  
½ tsp salt or to taste  
½ cup parmesan cheese

### ***PREPARATION:***

Heat olive oil in a soup pot. Add the broccoli and garlic, stir fry until broccoli is golden on edges. Remove broccoli and set aside. In same soup pot heat 2 Tbsp olive oil and 2 Tbsp butter. Add onion and cook until it is golden. Add 2 Tbsp flour. Mix well. Slowly add warmed milk and blend well. When it begins to thicken slowly add warmed broth. Add salt and nutmeg. Stir well. Add broccoli. Blend in a blender or with a hand held blender until it is smooth. Cook until well heated. Add parmesan and additional garlic pesto to garnish.