

K's Kitchen: A slightly healthier cream soup

By Kathryn Reed

Sometimes I just need something easy for dinner. But I still want it to taste good. And this time of year I usually want it to be warm, if not hot. Soup is often the answer.

Cream of broccoli soup has a reputation for being unhealthy. Cream soups in general get a bad rap – and rightly so. Still, if you aren't eating them every week, they are probably no worse than a lot of things in your diet.

It's also possible not to use the cheese or let everyone put in the amount they like. It will melt quickly, so if you are using it for a presentation factor, be ready to serve it quickly.

The parsley on top is a nice addition when serving to others where presentation matters. A few shakes or turns of the pepper grinder would be pleasing as well.

I blended the ingredients so there was still some texture from the broccoli. This made it seem less creamy as well, as did not having so much cheese.



Cream of Broccoli Soup

4 C vegetable stock

2+ C broccoli florets, chopped

1 C yellow onion, chopped

1 large carrot, chopped

Salt

Pepper

5 garlic cloves, chopped

1 C half-and-half

4 ounces extra-sharp cheddar cheese

Flat-leaf parsley leaves, optional

Bring the first seven ingredients to a boil in a large saucepan. Then simmer 10 minutes, making sure the broccoli is tender. Use an emulsion blender or regular blender until smooth. Over reduced heat, stir in half-and-half. Top evenly with cheese and parsley, sprinkle with pepper.