

Cream of Broccoli Soup

12 ounces broccoli, frozen or fresh

$\frac{1}{2}$ stick margarine or butter

$\frac{1}{4}$ cup chopped onions

$\frac{1}{4}$ teaspoon chopped garlic

3 cups chicken stock

$\frac{1}{2}$ cup roux (melt $\frac{1}{4}$ cup butter, stir in $\frac{1}{4}$ cup flour; cook 1 minute; thin with $\frac{1}{4}$ cup stock)

2 bay leaves

Nutmeg, pinch

2 cups half-and-half

Salt and pepper, to taste

Puree the broccoli coarsely in a blender. Melt margarine or butter in a large saucepan. Add onions, garlic and broccoli and sauté until onions are soft and translucent. Add chicken stock, roux, bay leaves and nutmeg. Simmer for 30 minutes. Add half-and-half and heat through (do not bring to a boil). Season to taste.

Yield: 6 servings