

From Lisa's Kitchen: Cream of Broccoli Soup

This creamy soup gets its texture from evaporated skim milk, rather than heavy cream. You'll find cans of evaporated skim milk where you find sweetened condensed milk, but don't confuse the two! This freezes beautifully, so make extra.

© 2010 Lisa Corrado Nutrition

Cream of Broccoli Soup

Makes about 2 quarts

2 tablespoons extra virgin olive oil
1 medium onion, chopped
2 bay leaves
1½ pounds frozen broccoli florets

4 cups low-fat, low-sodium chicken stock
1½ cups evaporated skim milk
¼ teaspoons each salt & pepper

Heat oil in large stock pot. Sauté onion and bay leaves until onion is golden, about 8 minutes. Add broccoli and sauté for 1 minute.

Add chicken stock, bring to a boil, then lower heat and simmer until broccoli is tender and still bright green, about 5 minutes. Cool slightly, and remove bay leaves.

Using a stick blender or a regular blender, carefully purée mixture until smooth. Stir in evaporated milk and season with salt & pepper. Reheat over medium heat until hot through and serve.