

# Betty's Cream of Broccoli Soup Recipe



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In this video, Betty demonstrates how to make Cream of Broccoli Soup. This is one of the items that I ordered when Rick and I had lunch recently at The Glitz restaurant in Nonesuch, Kentucky. This is my own recipe, but I have made it very low in fat and calories—and it tastes very much like the restaurant style Cream of Broccoli Soup!

## Ingredients:

10-oz. package frozen chopped broccoli  
10 <sup>3</sup>/<sub>4</sub>-oz. can condensed cream of mushroom soup  
1 <sup>1</sup>/<sub>3</sub> cups milk (For a creamier soup, use 1 cup milk and <sup>1</sup>/<sub>3</sub> cup heavy whipping cream. I substituted 1 <sup>1</sup>/<sub>3</sub> cup skim milk for a soup that is healthier and lower in fat and calories.)  
1 <sup>1</sup>/<sub>2</sub> tablespoons butter, melted  
<sup>1</sup>/<sub>4</sub> teaspoon dried tarragon, crushed  
dash of ground black pepper  
dash of ground nutmeg (for sprinkling on top)  
3 drops of green food coloring (optional--just for looks)

Cook 10-oz. frozen chopped broccoli according to package directions; drain well. Add a 10 <sup>3</sup>/<sub>4</sub>-oz. can of cream of mushroom soup, 1 <sup>1</sup>/<sub>3</sub> cups milk, 1 <sup>1</sup>/<sub>2</sub> tablespoons melted butter, <sup>1</sup>/<sub>4</sub> teaspoon dried tarragon, and a dash of pepper. Stir thoroughly. If you like the soup chunky, just heat this over low heat to almost boiling, and it is ready to serve. For a fancier look, pour the mixture into a blender and puree. Then, heat to almost boiling. Do not boil. Remove from heat and ladle into serving bowls. Sprinkle a small amount of nutmeg on top of each serving. Serve with butter crackers. I have adjusted this recipe to make it lower in fat and calories for those of you who are dieting. If you want to be more severe in cutting the calories, omit the melted butter, and do not have crackers with it. It is delicious all by itself! Enjoy!!! --Betty ☐