



1213 East 2100 South
Salt Lake City, UT 84106
Phone: (801) 487-9976
e-mail: Becky-utdairy@msn.com

KSL TV, Eyewitness News at Noon

Monday, January 3, 2005

“Cheesy Broccoli Chowder”

Becky Low, Home Economist
Dairy Council of Utah

Winter and hot soup go hand-in-hand. Serve this heart-warming soup with crusty bread and a crisp salad. Serves 4-6

Ingredients:

- 1 cup water
- 3 cups fresh broccoli flowerets
- 3 tablespoons butter
- 3 tablespoons flour
- 1/2 teaspoon dry mustard, optional
- 4 teaspoons chicken bouillon granules
- 1 cup instant potato flakes
- 4 cups milk*
- 1 1/2 cups sharp cheddar cheese
- pepper to taste
- bacon bits, garnish

Method:

Steam broccoli in water for 7-8 minutes or until tender. Set aside.

Melt butter in saucepan, stir in flour and dry mustard; stirring to prevent scorching, cook over medium heat until bubbly. Using a whisk, gradually add milk. Add bouillon granules and potato flakes. Bring to a boil, stirring to prevent scorching. Remove from heat, stir in cheese and steamed broccoli; heat through (if desired, thin with additional milk). Add pepper to taste. Serve with bacon sprinkles on top and with crusty bread bowls or rolls.

* For richer soup, substitute 1-2 cups milk for half and half.