

Babsi's Broccoli Soup

2 cups	chopped broccoli (stems and florets)	500 mL
2 cups	chicken broth	500 mL
1 cup	buttermilk	250 mL
½ tsp	dried basil	2 mL
½ tsp	dried tarragon	2 mL
	Salt and black pepper to taste	
	Small broccoli florets, lower-fat plain yogurt, chives, shredded Cheddar cheese	

1. In a saucepan over medium-high heat, cook broccoli in chicken broth for 10 minutes or until tender. Refrigerate in broth until chilled.
2. In a food processor or blender, purée chilled mixture, buttermilk and seasonings until smooth. Taste and adjust seasonings. Reheat just to serving temperature, or chill and serve as cold soup. Serve garnished with broccoli, yogurt, chives and Cheddar cheese.

PER SERVING

Calories: 73	
Dietary Fiber: 2 g	Carbohydrate: 7 g
Fat: 2 g	Protein: 7 g



SERVES 6

**Makes 3 cups
(750 mL)**

B.J. Rankin

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Not only is this soup delicious and nutritious, it is quick and easy to make. It looks elegant when garnished and can be served all year round.

TIP

This is a great way to use leftover broccoli.

DIETITIAN'S MESSAGE

Another delicious way to add a serving of vegetables to your daily plan. Serve this soup with Creamy Salmon Quiche (see recipe, page 311), a tossed green salad and whole-wheat rolls. Finish with a seasonal dessert. Your meal will be abundant in folic acid, vitamins A and C, and calcium.