



Garden Fresh Farm Recipes

Creamy Broccoli Soup

Warm, hearty, and garden-fresh — this creamy broccoli soup is a comforting staple at RizzieFarms. Made with freshly harvested broccoli, a touch of potato for natural creaminess, and finished with optional milk or cheese, it's the perfect blend of wholesome and indulgent. Whether you're simmering it on a chilly evening or using up extra produce from the garden, this soup is as nourishing as it is delicious. Serve it with crusty bread, a sprinkle of parmesan, or enjoy it simply on its own.

Ingredients:

- 2 tablespoons butter or olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 large head of broccoli (about 1.5 lbs), chopped (including stalks)
- 1 medium potato, peeled and diced
- 4 cups vegetable or chicken broth
- 1 cup whole milk, cream, or half-and-half (optional)
- Salt and black pepper to taste
- Pinch of nutmeg (optional)
- Shredded sharp cheddar or parmesan for topping (optional)
- Croutons or crusty bread for serving



Directions:

In a large soup pot, heat the butter over medium heat. Add onion and garlic, and sauté for 3-4 minutes until translucent and fragrant.

Stir in chopped broccoli and potato. Cook for 2-3 minutes to slightly soften.

Pour in the broth, bring to a boil, then reduce to a simmer. Cover and cook for 15-20 minutes, until broccoli and potatoes are tender.

Use an immersion blender to purée until smooth, or carefully transfer to a blender in batches.

Stir in milk or cream if using. Add salt, pepper, and a pinch of nutmeg to taste. Simmer gently for 3-5 minutes more.



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Ladle into bowls. Garnish with cheese, herbs, or croutons.

Variations:

- Crispy Bacon Bits: fry chopped bacon until crispy and stir into the soup or use as garnish.
- Bacon Base: sauté onion and garlic in rendered bacon fat for deeper flavor.
- Cheesy Broccoli Soup, add 1-2 cups shredded sharp cheddar after blending, try parmesan, gruyere, or pepper jack for flavor twists.
- Extra Greens, add spinach or kale before blending for added nutrients and color.
- Spicy Kick, add red pepper flakes, hot sauce, or jalapeño relish
- Stir in chipotle in adobo for smoky heat.
- Roasted Garlic, Roast garlic (375F, 45 min) and squeeze into soup for rich flavor.
- Chunky Style, reserve some broccoli and potato chunks to stir in after blending.
- With Other Vegetables, add carrots, celery, or cauliflower for more veggie depth.
- Bright Finish, a splash of lemon juice or zest before serving brightens the dish.