

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)

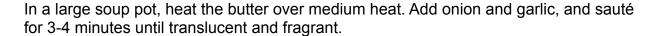
Salt and black pepper to taste

Pinch of nutmeg (optional)

Shredded sharp cheddar or parmesan for topping (optional)

Croutons or crusty bread for serving





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.