**Broccoli Cheese Soup**

Ingredients:

* 5 ml of oil
* 1/8 medium chopped [onion](http://www.food.com/about/onion-148)
* 30 ml melted [butter](http://www.food.com/about/butter-141)
* 30 ml [flour](http://www.food.com/about/flour-64)
* 200 ml milk
* 200 ml chicken stock (1/2 cube with 200 ml of hot water)
* 1 crown or 250ml of [fresh broccoli](http://www.food.com/about/broccoli-206) (chopped into bite size pieces)
* 80 ml grated [sharp cheddar cheese](http://www.food.com/about/cheddar-cheese-564)
* salt and pepper

Instructions:

1. In a medium pot sauté onion in oil.
2. Add chicken stock to a simmer and broccoli and simmer covered for about 8-10 minutes.
3. Meanwhile in another small pot melt butter, and using a whisk add the flour and cook over medium heat for 1 minute. (creates a roux)
4. Stir constantly and add the milk slowly at first.
5. Stir milk mixture on medium heat until thickened about 5 minutes.
6. With a fork/potato masher smash broccoli or in a blender purée broccoli and stock.
7. Add thickened milk to the broccoli stock mixture
8. Add salt and pepper. Remove from heat and add cheese. (Optional Stir in nutmeg).

Serves 2