

Broccoli Soup

Steam: ½ medium onion

1 large bunch of broccoli (cut off cooked flowerets into a separate bowl.

Put stems, onions and 3 c. water into blender. Puree.

Mix broth, 2 cups milk (almond), 1 c. soy sour cream, 1 T. margarine, 2 T. flour, 6 T. beef seasoning or George Washington.

Cook until thickens. Add flowerets.