



## Cuisine Santé Broccoli Soup (Gluten Free)

YIELD 8 SERVING

### Ingredients

- 1 qt Water, boiling
- 1 oz Onion, chopped
- 1 oz Extra Virgin Olive Oil
- 1 oz HACO-Swiss Cuisine Santé Vegetable Stock
- 1 head Broccoli
- 2 oz HACO-Swiss Cuisine Santé White Roux
- 8 oz Whipping cream, heavy
- 2 oz Fennel, chopped
- 1 pinch Black pepper
- 1 pinch Nutmeg

### Preparation

Bring 1 qt of water to a boil. In the meantime, sauté the chopped onions and mushrooms in Extra Virgin Olive Oil. Add Cuisine Santé Vegetable Stock and broccoli to the boiling water. Then add Cuisine Santé White Roux and let cook for 3-4 minutes at high heat. Cook at medium to high heat until the broccoli is tender or as desired and stir occasionally.

### Setting

Place soup in a serving dish and garnish as desired.

### Specialty Ingredients

- #726 HACO-Swiss Cuisine Santé Vegetable Stock
- #730 HACO-Swiss Cuisine Santé White Roux
- Whole Nutmeg
- Extra Virgin Olive Oil

### Nutritional Information

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
	Serv. size 8 oz (227g)	<b>Total Fat</b> 10g	<b>15%</b>	<b>Total Carb.</b> 10g
Servings 8	Sat. Fat 6g	<b>30%</b>	Fiber 1g	<b>4%</b>
Calories 132	Trans fats 0g		Sugars 0g	
Fat Cal. 87	<b>Cholest.</b> 18mg	<b>6%</b>	<b>Protein</b> 4g	
	<b>Sodium</b> 29mg	<b>0%</b>		
* Percent Daily Values (DV) are based on a 2,000 calorie diet.	Vitamin A 25%	Vitamin C 20%	Calcium 4%	Iron 4%