

Cream of Broccoli-Cauliflower Soup (makes 6 servings)

3 cups fresh broccoli florets
3 cups fresh cauliflower florets
3 cups vegetable stock, homemade
2 cups evaporated skim milk
1/4 cup cornstarch
1/2 tsp dried thyme
1/4 tsp freshly ground black pepper
1/8 tsp hot pepper sauce (optional)

Place broccoli, cauliflower, and half of chicken broth in a large pot. Bring to a boil. Cover, reduce heat to medium and cook for 10 minutes. When slightly cooled, transfer the cooked vegetables to a blender or food processor. Blend until smooth, then return vegetables to pot. In a small measuring cup, stir 1/4 cup of milk with cornstarch until very smooth. Add mixture to soup pot and stir well. Add remaining milk and homemade vegetable stock to pan and heat to medium high while stirring. Cook until thick and bubbly. Add thyme and hot pepper sauce. Cook 2 minutes. Serve hot.

Soup Nutrition per 1 cup serving: 115 calories; 10 g protein; 19 g carbohydrates;

Meal Suggestion: This creamy soup needs only crusty whole grain bread, any natural specialty cheese, and fresh mixed fruit to make it a family meal.