



Simple Broccoli Cream Soup



2 servings



15 minutes



INGREDIENTS

- 2 cups broccoli florets
- 1 small onion, chopped
- 1 medium potato, peeled and diced
- 2 cups chicken or vegetable broth
- 1 cup milk (or cream)
- 1 tablespoon butter or olive oil
- Salt and pepper to taste



DIRECTIONS



1. Wash the broccoli and cut it into small florets.
2. Peel and dice the potato.
3. Chop the onion.
4. In a medium saucepan, melt the butter (or heat the olive oil) over medium heat.
5. Add the chopped onion and cook until soft, about 5 minutes.
6. Add the diced potato and broccoli florets.
7. Pour the broth into the saucepan. Bring to a boil, then simmer until vegetables are tender, about 15 minutes.
8. Carefully transfer the mixture to a blender and blend until smooth.
9. Return the soup to the saucepan. Stir in the milk and heat gently. Season with salt and pepper.
10. Pour into bowls and optionally top with grated cheese.





青花菜濃湯

qīng huā cài nóng tāng



2 servings



15 minutes



食材 (SHÍCÁI)

- 2杯 青花菜小朵
- 1顆 小洋蔥，切碎
- 1顆 中型馬鈴薯，去皮切丁
- 2杯 雞湯或蔬菜高湯
- 1杯 牛奶（或奶油）
- 1湯匙 奶油或橄欖油
- 適量 鹽和胡椒



做法 (ZUÒFǎ)

準備食材：

- 洗淨青花菜並切成小朵。
- 去皮並切丁馬鈴薯。
- 切碎洋蔥。

烹調食材：

- 在中型鍋中，中火融化奶油（或加熱橄欖油）。
- 加入切碎的洋蔥，煮至軟化，約5分鐘。
- 加入馬鈴薯丁和青花菜小朵。
- 加入高湯：
- 將高湯倒入鍋中。煮沸後，小火燉煮至蔬菜變軟，約15分鐘。

小心地將混合物轉移到攪拌機中攪拌至順滑。

將湯倒回鍋中，攪入牛奶並輕煮。加入鹽和胡椒調味。

上桌：將湯倒入碗中，可選擇撒上磨碎的奶酪。

