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## **Bea's Fresh Broccoli Soup**

*Last Christmas my friend Bea Goodere made this soup in an effort to help us atone for our sweet eating binges! Full of good for you ingredients, the soup was a welcome break from all that heavier holiday fare.*

2 tablespoons olive oil  
3 large yellow onions, finely diced  
2 quarts chicken stock, prefer homemade  
4 pounds of fresh broccoli florets (don't use frozen)  
1 pint ricotta cheese  
Salt, pepper, and poultry seasoning to taste

In a large stock pot, sauté onions in the olive oil for 2-3 minutes, add chicken stock, broccoli, seasonings, and bring to a boil.

Lower heat and continue to simmer for about 20-30 minutes or until the broccoli is very soft.

Add ricotta cheese and stir to combine.

Remove pan from the heat and, using an emersion blender, puree the soup to your desired consistency.

Add more spices to your taste—curry powder works well here—so does a nice dousing of hot sauce.

*Makes 10-12 servings.*

***Recipe courtesy of Bea Goodere.***

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