**Broccoli & Cheddar Soup**

½ bunch broccoli, washed and trimmed into florets

15 mL margarine

1 mL garlic powder

½ mL pepper

15 mL flour

375 mL milk

125 mL water

5 mL chicken stock powder

80 mL cheddar cheese, grated

1. Trim broccoli into florets. Place in a bowl full of water and about 15 mL salt. Swirl around to “clean” the broccoli. Drain and rinse.
2. Place broccoli in a glass dish, add 60 mL water, cover and microwave on high for about 3-5minutes or until tender (= a fork can easily pass through). Alternately cook in a pot over medium-heat heat. Drain and mash broccoli well. Set aside.
3. Grate cheese, set aside. Dissolve chicken stock powder into water. Set aside.
4. In a medium pot over medium heat, melt margarine. Add garlic, pepper and flour. Cook on for 1-2 minutes.
5. Gradually add milk, stirring constantly with a wooden spoon. Add chicken stock water. Cook on medium heat, stirring constantly, until mixture is thick (= boils).
6. Add broccoli. Blend until smooth (use a blender if desired).
7. Add grated cheese to milk mixture (save a bit of cheese for garnish). Stir until cheese is melted.