



Easy Cheesy Broccoli Soup + Cool Corn Muffins + Best Banana Caramel Smoothies

By Erin Fletter

Prep Time 32 / **Cook Time** 30 / **Serves** 4 - 6

Shopping List

FRESH

4 green onions

1 garlic clove

2 C broccoli florets (about 1/2 broccoli head)

1 small carrot

2 medium bananas

DAIRY AND EGGS

3 T butter ****(see allergy subs below)****

3 1/2 C milk ****(see allergy subs below)****

4 oz sharp cheddar cheese + more for garnish ****(see allergy subs below)****

1 small egg ****(see allergy subs below)****

PANTRY

1/2 C + 2 T all-purpose flour ****(see allergy subs below)****

1 1/2 to 1 3/4 C vegetable broth ******

1 big pinch ground nutmeg

3/4 tsp salt

ground black pepper to taste

- 1/2 C cornmeal
- 3 T granulated sugar or honey (or 2 stevia packets)
- 1 tsp baking powder
- 1/4 tsp salt
- 1/4 cup vegetable oil **
- 3 T brown sugar
- 1/2 tsp pure vanilla extract **(see allergy subs below)**
- HAVE ON HAND
- 1/4 C water (or vegetable broth), if needed to thin soup
- paper cupcake liners
- 2 C ice

Fun-Da-Mentals Kitchen Skills

adjust: to change seasonings or consistency to one's taste or to alter portion sizes.

chop: to cut something into small, rough pieces using a blade.

grate: to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

simmer: to cook a food gently, usually in a liquid, until softened.

taste: to put a bit of food or drink in your mouth to determine whether more of an ingredient is needed to improve the flavor.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

bake: to cook food with dry heat, as in an oven.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

mix: to thoroughly combine two or more ingredients until uniform in texture.

preheat: to set an oven to the desired temperature a few minutes before cooking, so it reaches that temperature by the time you place the food in it.

spoon: to pick up and move food with a spoon from one place to another.

blend: to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

chop: to cut something into small, rough pieces using a blade.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

Equipment

- Soup pot + lid
- Cutting board
- Kid-safe knife
- Measuring spoons
- Wooden spoon
- Dry measuring cups
- Liquid measuring cup
- Whisk
- Immersion blender or stand blender (optional)
- Oven
- Muffin pan
- Paper cupcake liners
- Large mixing bowl
- Toothpicks
- Blender (or pitcher + immersion blender)

Ingredients

Easy Cheesy Broccoli Soup

- 4 green onions
- 1 garlic clove
- 3 T butter ******(for DAIRY ALLERGY sub dairy-free/nut-free butter or olive oil)******

- 2 C broccoli florets (about 1/2 broccoli head)
- 1 small carrot
- 2 T all-purpose flour ******(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)******
- 1 C milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******
- 1 1/2 C vegetable broth ******
- 1 big pinch ground nutmeg
- salt and ground black pepper to taste
- 4 oz sharp cheddar cheese + more for garnish ******(sub 1 C shredded dairy-free/nut-free cheddar cheese, like Daiya brand)******
- 1/4 C water or vegetable broth, if needed to thin soup

Cool Corn Muffins

- 1/2 C cornmeal
- 1/2 C all-purpose flour ******(for GLUTEN ALLERGY sub gluten-free/nut-free all-purpose flour)******
- 3 T granulated sugar or honey (or 2 stevia packets)
- 1 tsp baking powder
- 1/4 tsp salt
- 1 small egg, beaten ******(for EGG ALLERGY sub 1 tsp baking soda + 1 T vinegar)******
- 1/4 cup vegetable oil ******
- 1/2 cup milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******

Best Banana Caramel Smoothies

- 2 medium bananas
- 2 C milk ******(for DAIRY ALLERGY sub dairy-free/nut-free milk)******
- 3 T brown sugar
- 1/2 tsp pure vanilla extract ******(for GLUTEN ALLERGY use certified gluten-free pure vanilla extract, not imitation vanilla flavor—check label)******
- 1 pinch salt
- 2 C ice

Food Allergen Substitutions

Easy Cheesy Broccoli Soup

Dairy: Substitute dairy-free/nut-free butter or olive oil for butter. Substitute dairy-free/nut-free milk. For 4 oz sharp cheddar cheese, substitute 1 C shredded dairy-free/nut-free cheddar cheese, like Daiya brand.

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour.

Nightshade: Check vegetable broth labels for possible ingredients: tomato, potato, or bell pepper.

Cool Corn Muffins

Gluten/Wheat: Substitute gluten-free/nut-free all-purpose flour.

Egg: For 1 small egg, substitute 1 tsp baking soda + 1 T vinegar.

Soy: Substitute canola oil or other nut-free oil for vegetable oil.

Dairy: Substitute dairy-free/nut-free milk.

Best Banana Caramel Smoothies

Dairy: Substitute dairy-free/nut-free milk.

Gluten/Wheat: Use certified gluten-free pure vanilla extract, not imitation vanilla flavor.

Instructions

Easy Cheesy Broccoli Soup

intro

In medieval Europe, cheese soup was served as a breakfast soup, sometimes poured over bread. Would you eat that for breakfast? We would! Yum! This recipe makes about 4 to 5 cups of soup.

chop + sauté

Chop **4 green onions** and **1 garlic clove**. Melt **3 tablespoons of butter** in a soup pot over medium heat. Add the chopped garlic and green onions. Sauté until soft, about 3 to 5 minutes.

chop + grate

Chop **2 cups of broccoli florets** (about 1/2 head) into very, very small bits. Grate **1 small carrot**. Carefully add the carrot and broccoli to the soup pot and stir into the butter, garlic, and green onions. Add the lid and keep cooking the vegetables for 5 minutes, or until soft.

whisk + roux

Whisk **2 tablespoons of flour** into your soup pot with the vegetables and cook until golden brown, about 3 to 4 minutes. Gradually pour and whisk in **1 cup of milk** until smooth. This is called a roux.

measure + pour

Measure and pour in **1 1/2 cup of vegetable broth** and add **1 big pinch of nutmeg** to your soup pot. Taste the soup, season with **salt and black pepper**, and bring to a simmer. Reduce the heat to medium-low and cook, uncovered, until thickened, about 10 to 20 minutes.

taste + adjust + grate

Once the vegetables are soft, taste the soup and adjust with more salt and black pepper if needed. Have kids grate **4 ounces of sharp cheddar cheese** and set to the side.

purée

Optionally, if you want a smooth soup, you can carefully purée the soup with an immersion blender in your soup pot, or carefully transfer the soup to your blender and blend well, then transfer the puréed soup back to your pot. You can also leave the soup chunky!

sprinkle + whisk

Sprinkle **1 cup of the grated cheddar cheese** into the soup. Whisk over medium heat until the cheese is melted. Add up to **1/4 cup of water or broth** if the soup is too thick.

garnish + serve

Ladle the warm broccoli soup into bowls and garnish with extra cheese on top. Try serving it with **Cool Corn Muffins!**

Cool Corn Muffins

intro

A simple but delicious muffin recipe that can easily be dressed up by adding corn kernels, honey, herbs, cheese or just about anything else. These muffins are rich and tender.

preheat + line

Preheat the oven to 400 F. Line the muffin pan wells with paper cupcake liners.

measure + mix

In a large bowl, have kids measure and mix **1/2 cup cornmeal**, **1/2 cup flour**, **3 tablespoons sugar**, **1 teaspoon baking powder**, and **1/4 teaspoon salt**. Crack **1 egg** and add it to the cornmeal mixture. Then pour in **1/4 cup vegetable oil** and **1/2 cup milk** and stir gently to combine.

spoon + bake

Line the muffin pan wells with cupcake liners, then spoon batter into the wells. Bake for 15 to 20 minutes, or until a toothpick inserted into a muffin comes out clean.

Best Banana Caramel Smoothies

chop + add

Chop **2 medium bananas** and add them to your blender (or pitcher for use with an immersion blender).

measure + blend

Measure **2 cups milk**, **3 tablespoons brown sugar**, **1/2 teaspoon vanilla extract**, **1 pinch of salt**, and **2 cups ice** and add to the blender with the banana. Blend until smooth and creamy!

Featured Ingredient: Broccoli!

Hi! I'm Broccoli!

"Hello! Did you know that cabbage and cauliflower are my cousins? I resemble a small tree with a green trunk and branches topped with blueish-green flower buds—my crown!"

History & Etymology

Broccoli first came from the eastern Mediterranean and Asia Minor and spread to Italy in the 16th century. Broccoli was once known as Italian asparagus.

Broccoli is a member of the Brassica oleracea family, an important group of vegetables that can help reduce cancer risk.

China and India produce the most broccoli in the world. Over 90 percent of the broccoli crop in the United States is from California, where it is grown year-round.

The word "broccoli" is Italian, the plural form of "broccolo," from "brocco," (a shoot, arm, or branch), from the Latin "broccus," (projecting).

Anatomy

The main broccoli crown or head and the group of flower buds on the side shoots are harvested when the flower buds are closed and compact with no yellowing buds or flowers. Heads are removed with about 4 to 6 inches of stem attached. When the main head is cut, new shoots with smaller heads form, so a single plant will keep producing for many weeks.

It is essential to cool down broccoli as soon as possible after harvest; otherwise, small yellow flower heads will develop rapidly, which are bitter. Often you may see boxes of broccoli arriving at the greengrocers covered in ice to prevent further maturing.

How to Pick, Buy & Eat

To pick the best broccoli, select fresh, bright-green heads with compact clusters of tightly closed flowerets. Stalks and stem leaves should be tender yet firm. Avoid any with yellowing flowerets and thick, woody stems.

Keep broccoli dry and store it in a vented plastic bag in the refrigerator for up to 5 days.

Broccoli can be boiled, steamed, grilled, and roasted. It is added to green salads, either raw or cooked, and included in soups, stir-fries, fried rice, and pasta dishes. It is also a tasty and healthy vegetable to pair with every type of meat and fish.

Nutrition

Don't underestimate the power of broccoli! It became famous when researchers found it contained a compound called sulforaphane, which can function as an anticancer agent.

Just one serving has two days' supply of vitamin C (don't overcook, or you'll lose some). It is also a good source of dietary fiber and provides potassium, vitamin E, folate, and beta-carotene.