**Cheese and Broccoli Soup**

Ingredients:

½ onion chopped finely

25ml butter

25ml flour

250ml milk

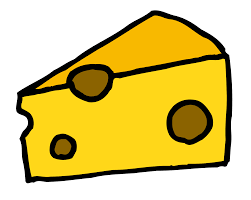
250ml chopped frozen broccoli (small pieces)

250ml chicken stock

125ml cheddar (grated)

Salt and pepper to taste

Directions:

1. Over medium heat, in a small pan, sauté until onion are soft and translucent (4min or so). Then turn the heat off.
2. In a small pot, melt butter on medium low heat.
3. Add flour to melted butter a bit at a time. Mix really well with a whisk to prevent lumps.
4. Cook flour and butter mixture for about 2 minutes - stirring constantly. Remove from heat.
5. Slowly add milk to flour and butter, mixing thoroughly with the whisk as you go to remove lumps.
6. When all the milk is added, return it to the heat, and gently warm it up.
7. When the milk, butter and flour mixture (this is a white sauce) is hot, begin to add the cheese a bit at a time. Allow it to melt in before adding more.
8. Combine onion, chicken stock and broccoli in a medium pot. Turn up to medium heat for 5 minutes or until warm.
9. Slowly add the cheese sauce to the soup, mixing thoroughly as you do so to avoid lumps.
10. Add pepper and salt to taste.
11. Enjoy!