

Dilled Broccoli and Leek Puree

From MasterCook's Yahoo message board, MC Taste_ Tested



Just pureed veggies with tons of flavor.

4 1/2 tablespoons butter

1 1/4 pounds leeks, halved, washed, sliced

1 large russet potato, peeled, quartered

1 pound broccoli, stems and florets

6 tablespoons heavy cream

1 tablespoon fresh dill, minced

Salt and pepper to taste

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 8

1. Melt butter in large skillet over medium heat. Add leeks and cook until very soft, about 20 minutes. Stir often to prevent burning. You do not want the leeks to brown.
2. Cook potato in boiling water until almost tender, about 15 minutes. Stir in broccoli stems and cook for 5 minutes. Add broccoli florets and cook an additional 5 minutes, or until all the vegetables are tender. Drain. Puree leeks, potato and broccoli in a food processor. Add cream and dill, then season with salt and pepper.
3. Transfer mixture to a saucepan to keep warm, or pour into an oil-sprayed baking dish. May be refrigerated at this point and kept up to 2 days. Bring to room temp before continuing.
4. Heat in microwave for 4-5 minutes, until heated through. Sprinkle top with additional dill, if desired.

Per Serving (excluding unknown items): 132 Calories; 11g Fat (70.4% calories from fat); 2g Protein; 8g Carbohydrate; 2g Dietary Fiber; 33mg Cholesterol; 86mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Non-Fat Milk; 2 Fat.