# Cream of Milkweed Flowerbud Soup

Yields: 4 to 6 servings

Ingredients:

- 1 T. oil
- 2 T. butter
- ½ small onion, diced
- 3 T. flour
- 2 c. milk
- ½ c. low sodium vegetable broth
- 1 medium russet potato, diced
- 3 c. milkweed flowerbuds
- 1 c. shredded sharp cheddar
- 1 c. boiled milkweed flowerbuds for garnish

Directions:

1. Heat the oil and butter and sauté the onion until translucent.
2. Add the flour and whisk to cook the roux for 30 seconds over medium-high heat.
3. Slowly pour in the vegetable broth, milk and diced potato. Whisking constantly to prevent lumps. Bring thickened soup to a boil, then reduce to medium heat and cook 8 minutes, stirring often.
4. Add 3 cups washed milkweed flowerbuds and cook 8 minutes longer, stirring often.
5. Puree the soup in a blender, or with a hand blender until smooth. Stir in the shredded cheddar, stir until the cheddar is melted. Serve garnished with the boiled milkweed flowerbuds.

**Nutrition Info Per Serving:** Calories 182; Fat 12.4g; Saturated Fat 6g; Protein 7.6g; Carbohydrates 9g; Sodium 174mg