

## Strategies Applied for Cream of Broccoli Soup:

- Recipe may be doubled, and freezes pretty well, without cream. Cream may be added when serving, if desired.
- **Olive Oil:** I have a little strategy for buying [olive oil](#) – using coupons and sales to lower the price, so click on the link. I think it's important to use olive oil as opposed to many others – the health benefits outweigh a bit more extra cost, and it can be had at a very reasonable price. Cost for this recipe: 32 cents.
- **Carrots:** An inexpensive item even not on sale – but it keeps so well I buy a couple of packages if it is cheaper. \$1.00 a pound is standard in our area, but the larger packages of 5 pounds are often on sale for \$2.50 – that's 50 cents a pound, or about 10 cents for two. Carrots will keep longer if you rotate the package, which is so often on the bottom of the drawer, so they don't sit in condensation. One carrot is about 5 cents.
- **Onions:** They keep well, so try to buy on sale. Aldi is a good place to find reasonably priced onions. Always less expensive in the fall/winter months, the pricing in my area runs from 33 to 66 cents a pound. Store them in a dark, cool place but not near potatoes. If you've bought too many onions, don't let them go bad.
- Slice or dice them, saute and portion into Ziploc labeled "onions" and freeze. You've just saved yourself a step for next time you make a dish. If you have enough, consider making [French Onion Soup](#). If you use half an onion, consider if you can sauté the rest and put it in a Ziploc in the freezer. If not store in the door where you'll see it when you're cooking next. An onion (at 33 cents a pound) about 10 cents.
- **Broccoli:** In my area runs on sale from about 89 to 99 cents a "bunch" up to \$1.49. Generally, the size of the bunch varies with the season, but is usually a pound to a pound and a half. Now and then it will be on sale by the pound, but I seldom see it this way. Fresh, on sale, is almost always less than [frozen](#) (frozen is nearly half water) with the exception being frozen on a great sale with a coupon. Because of the strange pricing of fresh and the huge amount of water in the frozen, it is difficult to compare, and unwary consumers will often think frozen is the better bargain. Best of all, broccoli is a fresh vegetable that has very little waste. Cost: \$1.49
- **Chicken Stock:** If you read me regularly, I make my own with scraps of vegetables and bones – here's the basic recipe I use for [Best Turkey or Chicken Stock](#) - it's not particular and though it simmers for a long time, the burner is barely on – I just count it as free.
- **Whipping Cream:** Whipping cream varies wildly in price – look for it on sale around any holiday. Store brands are often less expensive than brand names, often half the price. If you aren't using it to whip, consider if 1/2 and 1/2 will work and be less expensive. If you're looking at a pint container, milk is about 8 cents a cup, so a pint of half and half should be roughly half the cost of the 8 ounce whipping cream, less the 8 cents to be cost-effective. If you just need a bit, consider if you can use the rest in another recipe or save out a bit from another recipe to use in this one. This whipping cream was \$2.69 for 16 ounces (a pint) not on sale, cost for this recipe, 1/2 cup: 67 cents.

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