



BROCCOLI CHEDDAR SOUP

*"Rich, creamy, and packed with tender broccoli and melted cheddar
— the perfect bowl for dipping warm, crusty bread"*



PREP TIME
10 MIN



COOK TIME
20 MIN



SERVINGS
1 BOWL

Instructions

1. Chop onion, carrot, and garlic
2. In a large pot, melt the butter
3. Add the chopped vegetables, salt and pepper and sauté on low heat until soft, about 5 minutes
4. Stir in the flour to create a roux, cooking for 2 minutes to remove the raw flour taste
5. Gradually whisk in the broth, ensuring there are no lumps
6. Add the milk and increase heat to high until it comes to a boil, then add broccoli florets, Parmesan cheese, and stir well
7. Adjust salt and pepper to taste. Cook uncovered over low heat until broccoli is cooked, about 10 minutes
8. Using an immersion blender, quickly blend part of the soup for a quick second or two
9. Gently stir in the shredded cheddar cheese, allowing it to melt smoothly

Ingredients

- 1 small onion, chopped
- 1 medium carrot, chopped
- 2 cloves garlic, minced
- 2 tbsp butter
- 3 tbsp all purpose flour
- 3 cups less sodium chicken broth, or vegetable broth
- 1 cup fat free milk
- ¼ tsp salt
- Fresh black pepper, to taste
- 2 heads broccoli, chopped into small pieces
- 1 ¼ cups shredded sharp cheddar
- 2 tbsp Parmesan cheese, grated

Notes:

- *If you don't have an immersion blender, remove about 1-2 cups of soup and blend, then add it back to the soup.*