HOMEMADE BROCCOLI CHEDDAR SOUP

INGREDIENTS

4 TBSP BUTTER
1 SMALL ONION, DICED
3 CLOVES GARLIC, MINCED
¼ CUP ALL-PURPOSE FLOUR
4 CUPS CHICKEN BROTH
2 HEADS BROCCOLI, CUT INTO BITE-SIZED PIECES (ABOUT 5 CUPS)
2 CARROTS, SHREDDED OR DICED
2 CUPS MILK
2 CUPS SHARP CHEDDAR CHEESE, SHREDDED
½ CUP HEAVY CREAM (OPTIONAL)
SALT & PEPPER TO TASTE

NUTRITION INFORMATION

ESTIMATED YIELD: 8 SERVINGS

PER SERVING (APPROXIMATE)

CALORIES: 250–320
PROTEIN: 12–15G
FAT: 18–24G
FIBER: 3–4G
SUGAR: 5–7G
Estimates include optional cream.

DIRECTIONS

1. MELT BUTTER IN A LARGE POT OVER MEDIUM HEAT. SAUTÉ ONION AND GARLIC UNTIL SOFT.
2. STIR IN FLOUR AND COOK FOR 1–2 MINUTES.
3. SLOWLY WHISK IN CHICKEN BROTH AND MILK. STIR UNTIL SMOOTH.
4. ADD BROCCOLI AND CARROTS. SIMMER UNTIL VEGETABLES ARE TENDER.
5. REDUCE HEAT AND STIR IN CHEDDAR CHEESE AND HEAVY CREAM. SEASON WITH SALT AND PEPPER. SERVE WARM.

💛 **SIMPLE TIPS**

- FOR EXTRA FLAVOR, USE SHARP CHEDDAR CHEESE AND DON'T OVERCOOK THE BROCCOLI.
- ADD CHEDDAR OVER LOW HEAT TO HELP KEEP THE SOUP SMOOTH.
- HEAVY CREAM IS OPTIONAL.

📱 SCAN FOR MORE RECIPES

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