

Broccoli Cheddar Soup



Ingredients

- 1 stick butter
- 1 medium onion
- 5 cloves minced garlic
- 8 TBL all-purpose flour
- 4 cups chicken or vegetable stock
- 2 tsp salt and pepper
- .5 tsp paprika
- 6 cups small cut broccoli
- 2 carrots grated
- 4 cups half and half or milk
- 2 cups shredded cheddar

Utensils

- 1 large pot and lid
- Spoon (wooden if available)
- Whisk
- Measuring cups and spoons
- Oven mitts



Recipe Instructions

Step 1: Melted Butter

In a large pot, melt butter over medium high heat.

Step 2: Onion & Garlic

Add onion and cook 4-6 minutes or until soft and gold. Add garlic and cook another 2 minutes

Step 3: flour and mix

Add flour and whisk for about 2 minutes, turning flour to a golden color

Step 4: Add Stock & Brocc

Add stock and Broccoli florets, mix.

Add carrots, paprika and S and P. Bring to a boil and reduce to a simmer for 15 minutes

Step 5: Milk and cheese

Add Milk/cream and cheese, mix until cheese has melted and cook for about another minute. Add more salt or pepper if needed

Step 6: Enjoy!

Let cool a few minutes and Enjoy!!

Serve with bread



Scan this QR code with your phone for an instructional video on how to make this recipe.

Kitchen Safety Tips: Always open lid away from yourself or anyone else.

Cool soup, portion and freeze for a quick meal!

Use whisk with flour to mix evenly.