

## Broccoli Cheddar Soup



### Recipe

Melt butter in a large Dutch oven or pot over medium-high heat. Add the onion and cook 3-4 minutes or until softened and light gold. Add the garlic and sauté for another minute.

Add flour and whisk for 1-2 minutes or until the flour begins to turn golden in color. Pour in the chicken stock, broccoli florets, carrots, and seasoning. Bring to a boil then reduce heat to medium-low and simmer for 15 minutes or until the broccoli and carrots are cooked through.

Stir in half & half and cheddar cheese and simmer for another minute. Taste and adjust seasoning if needed.

### Ingredients With Measurements

- 4 tablespoon butter
- ½ medium onion chopped
- 2-3 cloves garlic minced
- 4 tablespoon AP flour
- 2 cups low sodium chicken or vegetable stock
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- ¼ teaspoon [paprika](#) or ground nutmeg, optional
- 3 cups broccoli florets or 1 large head, cut into small pieces
- 1 large carrot grated, julienned or finely chopped
- 2 cups half & half or milk or light or heavy cream
- 8 oz block grated cheddar cheese or 2 cups

### Ingredients Without Measurements

Butter	Onion
Garlic	Flour
Chicken Stock	Salt
Pepper	Paprika
Broccoli	Carrot
Half & Half	Cheddar Cheese