



## Cheese Broccoli Soup\*

Serving: 1

Veg

### *Ingredients*

- -1 cup Broccoli (cut into florets)
- - $\frac{1}{2}$  tsp Garlic paste
- -1  $\frac{1}{2}$  cups Chicken / veggie broth
- -2 tbsp Heavy cream
- -3 tbsp Cheddar cheese

### *Preparation Method*

- -In a large pot over medium heat, saute garlic for one minute, until fragrant.
- -Add the chicken/veggie broth, heavy cream, and chopped broccoli. Increase heat to bring to a boil, then reduce heat and simmer for 5-7 minutes, until broccoli is tender.
- -Add the shredded cheddar cheese gradually, stirring constantly, and continue to stir until melted. Make sure to keep it at a very low simmer and avoid high heat, to
- -prevent seizing. Remove from heat immediately once all the cheese melts.