

# Creamy Vegetable Soup

By Chelsea Lords • Updated: Dec 09, 2024 • Rating: 4.99/5 (82 votes)

## Overview

A cozy, flavor-packed soup with a rich, creamy base and plenty of veggies. Pair with salad, dinner rolls, or serve in a crusty bread bowl for peak comfort.

## At a Glance

---

<b>Yield</b>	6 servings
<b>Prep Time</b>	30 minutes
<b>Cook Time</b>	23 minutes
<b>Total Time</b>	53 minutes
<b>Diet</b>	Vegetarian if made with vegetable stock (contains dairy)

---

## Ingredients

### Soup Base

- 1 tablespoon olive oil
- 5 tablespoons unsalted butter, divided
- 3 cups mirepoix (*or 1 cup diced carrots, 1 cup diced celery, 1 cup diced yellow onion*)
- 2 teaspoons minced garlic
- 1  $\frac{1}{2}$  pounds baby potatoes (gold or red), diced (about 4 cups)
- 1  $\frac{1}{2}$  teaspoons Italian seasoning
- $\frac{3}{4}$  teaspoon salt
- $\frac{3}{4}$  teaspoon pepper
- 3 cups chicken stock or broth<sup>1</sup>
- 2 cups frozen broccoli florets, thawed and finely chopped
- 1 cup frozen corn

### Roux & Finish

- 6 tablespoons all-purpose flour
- 3 cups whole milk
- $\frac{1}{2}$  cup heavy cream
- 2 cups shredded sharp Cheddar cheese (freshly grated melts best)

### For Serving (Optional)

Hearty buttered bread; fresh herbs (parsley or thyme).

## Equipment

---

<sup>1</sup>Use vegetable broth for a vegetarian version.

Large pot; medium saucepan.

## Instructions

1. **Sauté vegetables.** In a large pot over medium heat, melt 1 tablespoon butter with the olive oil. Add mirepoix (or carrot, celery, onion) and sauté 5–7 minutes until softened. Stir in garlic; cook 30 seconds.
2. **Simmer potatoes.** Add potatoes, Italian seasoning, salt, pepper, and stock. Bring to a boil over medium-high heat, then reduce to medium. Cover and cook 10–15 minutes, until vegetables are crisp-tender.
3. **Add broccoli & corn.** Stir in thawed, finely chopped broccoli and the frozen corn. Cook 2–3 minutes until tender and heated through.
4. **Make the roux.** In a medium saucepan over medium heat, melt the remaining 4 tablespoons butter. Whisk in flour; cook, whisking, for 1 minute. Slowly pour in the milk, whisking until smooth. Cook, stirring constantly, until thickened and gently boiling. Stir in the heavy cream; remove from heat.
5. **Combine & finish.** Pour the milk mixture into the soup and stir well. Lower the heat; add Cheddar a handful at a time, stirring until melted. Taste and adjust seasoning.
6. **Serve.** Ladle into bowls. Garnish with parsley or thyme and serve with toasted, buttered bread.

## Shortcuts

- Use pre-chopped mirepoix (fresh or frozen).
- Use jarred minced garlic or a garlic press for quick prep.

## What to Serve

No-knead bread; simple garden or winter salad; grilled cheese; baked sweet potatoes; cornbread.

## Storage

- **Refrigerate:** Cool completely; store airtight up to 4 days.
- **Freeze:** Up to 3 months (leave headspace for expansion).
- **Reheat:** Thaw overnight in the fridge; warm gently on the stovetop over low heat, stirring. Thin with a splash of broth as needed.

## Nutrition (Approximate, per serving; 6 servings)

---

Calories	604 kcal
Carbohydrates	47 g
Protein	21 g
Fat	38 g
Saturated Fat	22 g
Trans Fat	1 g
Cholesterol	108 mg
Sodium	786 mg
Potassium	772 mg
Fiber	6 g
Sugar	13 g
Vitamin A	1397 IU
Vitamin C	39 mg
Calcium	464 mg
Iron	2 mg

---

*Tip:* For the smoothest finish, grate Cheddar fresh and add off the boil; overheated cheese can turn grainy.