

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

Yield	6 servings
Prep Time	30 minutes
Cook Time	23 minutes
Total Time	53 minutes
Diet	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 broth¹
- 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

¹Use 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.