



## Broccoli – Cheese Soup

Prep time – 10 minutes

4 servings

THIS RECIPE REQUIRES A LOT OF STIRRING

3 TBS. butter, plus 2 TBS. cold butter, cut into pieces\*

1 cup onions, diced\*

1/2 tsp. salt

1/4 tsp. black pepper

pinch nutmeg

1/2 tsp. garlic, minced

3 TBS. flour

3 cups chicken stock\*

1 16 oz. package frozen broccoli, thawed and drained, or 1 lb. fresh broccoli florets steamed slightly\*

1/2 cup heavy cream or half and half

1 1/4 cup Cheddar cheese, shredded\*Directions:In a medium stock pot, melt 3 TBS. butter over medium high heat. Add onions, salt, pepper, and nutmeg and cook, stirring until soft, about 3-4 minutes. Add the garlic and cook stirring for about 30 seconds. Add the flour and cook, stirring until the mixture is well blended, 2 minutes. Slowly add the chicken stock, off heat, whisking constantly. Return to heat and bring to a boil, keep stirring. Reduce the heat and simmer until thickened, about 5 minutes. Add the broccoli and cook, stirring, until tender, 10 minutes.Remove the pot from the heat and puree with a hand held immersion blender, or alternatively, in batches, in a blender or food processor.

Add cream or half and half and bring to a bare simmer to heat through. DO NOT BOIL. Add the cheese and cook over low heat, stirring, until melted. Add the remaining 2 TBS. cold butter, stirring to blend.