

INGREDIENTS

- 4 cups Vegetable broth
- 1 cup Carrots, diced small
- 1 cup Yellow onions, diced small
- 1/4 cup Flour
- 1/4 cup Butter
- 2 cups Milk
- 1/2 tsp Salt (adjust to taste)
- 1/4 tsp Black Pepper (adjust to taste)
- 2 cups Low fat cheddar cheese, shredded
- 4 cups Broccoli, chopped (fresh or frozen)

INSTRUCTIONS

1. In a large pot, melt 1 tablespoon of butter and sauté the diced onions and carrots until the onions are translucent, about 3-5 minutes.
2. In a separate saucepan, melt the remaining butter over medium heat. Once melted, whisk in the flour until a smooth paste forms. This is your roux.
3. Slowly pour the milk into the roux, whisking continuously to prevent lumps. Continue to cook and whisk until the mixture thickens.
4. Pour the milk mixture into the pot with the sautéed onions and carrots. Stir well.
5. Add the chopped broccoli and vegetable broth to the pot. Bring the mixture to a boil, then reduce the heat and let it simmer until the broccoli is tender, about 10-15 minutes.
6. Reduce the heat to low and stir in the shredded cheddar cheese until melted and smooth.
7. Add salt and black pepper, adjusting to taste.
8. Ladle the soup into bowls and serve hot.
Optionally, garnish with a sprinkle of shredded cheddar on top.



Broccoli & Cheese Soup



Prep time 15 minutes
Cook time 35 minutes

Indulge in a creamy bowl of Broccoli and Cheese Soup that's both heartwarming and kid-approved! Packed with fresh broccoli, vibrant carrots, and melted low-fat cheddar, this soup offers a delightful blend of flavors and textures. Perfect for chilly evenings or when you're craving a touch of comfort, it's a wholesome treat that'll have everyone asking for seconds!

