

# BROCCOLI CHEDDAR SOUP



March 3

National Soup It Forward Day

## INGREDIENTS

- 2 Tablespoons Unsalted Butter
- ½ Cup (about 1 Medium) Onion (chopped)
- 2 Cloves Garlic (minced)
- 1 Cup (about 1 Large) Carrot (grated)
- 4 Cups Fresh Broccoli Florets
- 4 Cups Vegetable Broth
- 2 Cups Whole Milk
- 1 Cup Heavy Cream (optional, for extra creaminess)
- 2½ Cups Sharp Cheddar Cheese (shredded)
- 3 Tablespoons All-Purpose Flour
- 1 Teaspoon Smoked Paprika
- ½ Teaspoon Ground Mustard
- Salt and Black Pepper (to taste)

## DIRECTIONS

1. In a large pot, melt the butter over medium heat. Add the chopped onion and sauté until it turns translucent, about 4–5 minutes. Stir in the minced garlic and grated carrot, cooking for another 2 minutes until fragrant.
2. Sprinkle the flour over the sautéed vegetables. Stir continuously for 1–2 minutes. Slowly pour in the vegetable broth while whisking to prevent lumps. Bring the mixture to a gentle boil, then reduce the heat to medium-low.
3. Toss in the broccoli florets and let them simmer for about 10 minutes, or until they are tender but still vibrant green. Stir occasionally to ensure even cooking.
4. For a smooth soup, transfer half of the soup to a blender, blend until smooth, and return it to the pot. If you prefer a chunkier texture, skip this step.
5. Gradually add the shredded cheddar cheese to the soup, stirring constantly to ensure it melts evenly. Avoid overheating, as it can cause the cheese to separate.
6. Ladle the soup into bowls and top with croutons or serve with a slice of crusty bread (optional).

## MEAL PATTERN CONTRIBUTION

 Vegetable

## MEAL TYPE

 Lunch/Supper

## YIELD

9 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
¼ Cup	½ Cup	1 Cup	1 Cup