

Broccoli and Cheddar Soup

Ingredients:

1 Tbs of butter
½ onion chopped
¼ cup melted butter
¼ cup of flour
2 cups of milk or cream
2 cups of chicken stock
1 ½ cups of coarsely chopped broccoli
1 stalk of thinly sliced celery
1 cup of shredded carrots
2 ½ cups of shredded sharp cheddar cheese
Salt and pepper to taste

Directions:

1. Melt 1 tablespoon of butter in skillet over medium-high heat. Sauté onion until translucent and set aside (about 5 minutes).
2. Whisk ¼ cup of melted butter and flour together in a large saucepan over medium-low heat. Cook until flour loses its granular texture. Add 1-2 tablespoons of milk if necessary to keep flour from burning. (3-4 minutes)
3. Gradually pour milk into flour mixture while whisking constantly. Stir in chicken stock. Bring mixture to a simmer and cook until mixture is thickened and flour taste is gone (about 20 minutes). Add broccoli, carrots, sautéed onion, and celery. Simmer until vegetables are tender (about 20 minutes)
4. Stir cheddar cheese into mixture until melted. Season with salt and pepper to taste.
5. Optional: Pour half of the soup into a food processor, pulse several times, and add back into the rest of the soup. Creates thicker texture.