



Broccoli Cheddar Soup

Ingredients

- 4 tablespoons butter
- 1 small onion, chopped small
- 1 garlic clove, minced
- 1/4 cup all-purpose flour
- 1 cup half-and-half (or 1/2 cup + 1/2 cup milk)
- 4 cups low-sodium vegetable or chicken broth
- salt and freshly ground pepper
- 1/8 teaspoon nutmeg
- 1/8 teaspoon smoked paprika (optional)
- 1 1/4 pounds broccoli or 4 cups broccoli florets and peeled stems, chopped small
- 1 large carrot or 2 slim ones, chopped tiny (1 cup)
- 8 ounces (about 2 1/2 cups) coarsely grated sharp cheddar cheese, plus a pinch extra for garnish

Instructions

- Melt the butter in a large, heavy pot over medium heat. Add the onion and garlic and cook until tender, about 3 to 5 minutes. Stir in the flour and cook until golden, 3 to 4 minutes, then gradually whisk in the half-and-half (or mixture of choice) until smooth. Add the broth, spices, salt and pepper and bring to a simmer. Reduce the heat to medium-low and cook, uncovered, stirring occasionally, until slightly thickened, about 10 minutes.
- Add the broccoli and carrot to the pot and simmer until tender, about 15 to 20 minutes. Taste and adjust seasoning if needed, but err on the cautious side with the salt because the cheese will add a bit. Puree the soup to your desired texture with an immersion blender or in a traditional one. Pour back into pot if necessary, add cheese and whisk until melted, about 1 minute.
- Serve garnished with a little extra cheese if you like.