

30 Minute Broccoli Cheddar Soup from gimmedelicious.com

<https://gimmedelicious.com/broccoli-cheddar-soup/>

Prep Time 10 minutes

Cook Time 20 minutes

Servings 4 people

Ingredients

- 4 tablespoons butter ½ stick
- ½ medium onion chopped
- 2-3 cloves garlic minced
- 4 tablespoon AP flour
- 2 cups low sodium chicken or vegetable stock
- 1 tsp kosher salt
- ½ tsp black pepper
- ¼ tsp paprika or ground nutmeg, optional
- 3 cups broccoli florets or 1 large head, cut into small pieces
- 1 large carrot grated, julienned or finely chopped
- 2 cups half & half or milk or light or heavy cream
- 8 oz block grated cheddar cheese or 2 cups (mild, medium, or sharp)

Instructions

1. Melt butter in a large dutch oven or pot over medium-high heat. Add the onion and cook 3-4 minutes or until softened and light gold. Add the garlic and saute for another minute.
2. Add flour and whisk for 1-2 minutes or until the flour begins to turn golden in color. Pour in the chicken stock, broccoli florets, carrots, and seasoning. Bring to a boil then reduce heat to medium-low and simmer for 15 minutes or until the broccoli and carrots are cooked through.
3. Stir in half & half and cheddar cheese and simmer for another minute. Taste and adjust seasoning if needed.
4. Serve with toasted crusty bread or in a bread bowl if desired.