

Broccoli Cheddar Soup



<https://www.skinnytaste.com/broccoli-cheddar-soup/>

Ingredients

- Small onion, medium carrot, celery stalk, and garlic: These vegetables create the base flavor of the soup, known as mirepoix, which adds depth and aroma to the dish.
- Butter: Used for sautéing the vegetables and as a fat component in the roux. Additionally, it adds a rich, savory flavor to the soup.
- Flour (all-purpose flour, whole wheat, or a gluten-free blend): Used to create a roux, which serves as a thickening agent for the soup.
- Less sodium chicken broth or vegetable broth: This liquid provides the main body of the soup and adds more flavor. Using a low-sodium option allows for better control over the soup's saltiness.
- Fat-free milk: Adds creaminess to the soup while keeping it light and lower in fat.
- Kosher salt and fresh black pepper: Enhances the flavors of the soup and can be adjusted according to personal preferences.
- Fresh broccoli florets: The star ingredient of the recipe, chopped into small sized pieces for even cooking and easy blending.
- Shredded sharp cheddar: This cheese adds a bold, tangy flavor and creamy texture to the soup. I like to shred it myself off the block, but you can also use pre-shredded cheese.
- Grated Parmesan cheese: Adds a slight nuttiness and depth of flavor to the soup, while also helping to thicken it slightly.

Directions:

1. Prepare the vegetables: Using a chopper or mini food processor, chop the onion, carrot, celery, and garlic.
2. Cook the vegetables: In a large pot, melt the butter over low heat. Then add the chopped vegetables, kosher salt, and black pepper, and sauté until soft, about 5 minutes.
3. Make the roux: Stir in the flour and cook for 2 minutes to remove the raw flour taste.
4. Add the broth: Gradually whisk in the chicken or vegetable broth, making sure there are no lumps.
5. Add milk and other ingredients: Pour in the milk and increase the heat to high until the mixture comes to a boil. Add the broccoli florets, and grated Parmesan cheese, and stir well. Adjust salt and pepper to taste. Simmer uncovered over low heat until the broccoli is tender, about 10 minutes.
6. Blend the soup: To thicken the soup, use an immersion blender to puree part of the soup for a quick second or two. If you don't have an immersion blender, remove 1-2 cups of soup, then add it back to the pot.
7. Add the cheese: Gently stir in the shredded sharp cheddar cheese, allowing it to melt smoothly.
8. Serve: Serve the soup hot, garnished with additional cheddar cheese if desired.