



Broccoli Cheddar Soup

Makes 4 servings (makes about 6 cups in total)

Ingredients

- 2 tablespoons extra virgin olive oil
- 1 medium brown onion, diced
- 1 large head of broccoli, florets and tender part of stems, chopped (about 6 cups)
- 3 cups chicken broth (I often opt for Better than Bouillion)
- 1 cup canned, no-salt-added Great Northern or cannellini beans, rinsed and drained
- ½ cup whole milk or lower fat if that is your milk of choice.
- 1 cup shredded sharp cheddar cheese (3 ounces)
- 1 teaspoon powdered mustard
- Salt to taste

Instructions

Heat the oil in a large saucepan over medium heat. Once the oil is shimmering, stir in the onions and cook for about four minutes, until tender but not browned.

Add the broccoli, broth, and beans; increase the heat to high and bring to a boil, then reduce the heat to medium-low. Cover and cook for about 15 minutes, stirring occasionally.

Let the soup cool for 15 minutes, then puree it right in the soup pot with an immersion blender.

Put the soup back on medium heat and when it is bubbling at the edges, reduce the heat to low.

Stir in the milk, ¾ cups of the cheese, the powdered mustard, and ½ teaspoons of salt. Cook until just warmed through.

Taste and add more salt as needed. Divide among individual bowls or deep mugs, and garnish with portions using the remaining ¼ cup of cheese. Serve hot.