

Broccoli Cheddar Soup

Recipe By: Molly

Serving Size: 4

Ingredients:

1 1/2 Tablespoons Butter, melted
1 Tablespoons olive oil
1 cup white onion
1/2 teaspoon salt
1/2 teaspoon white pepper
1 pinch nutmeg
1/2 teaspoon garlic , minced
1/2 teaspoon thyme , chopped
2 1/2 tablespoons whole wheat flour
4 cups low sodium chicken broth
16 oz. broccoli crowns, (you can use frozen but fresh is better)
1/2 cup skim milk
1 1/4 cups low fat (2% or skim) shredded cheddar cheese

Directions:

1. preheat the oven to 425
2. cut just the crowns off of the broccoli and spray with olive oil spray and sprinkle with the 1/2 teaspoon kosher salt
3. while the broccoli is in the oven, chop your onions
4. put butter and oil in the pan and add onions, pepper, nutmeg - sauté until soft about 3 minutes
5. add garlic and thyme leaves and sauté until fragrant about 30 seconds
6. Add flour and stir until cooked about 1 minute
7. add chicken stock, 1 cup at a time stirring the entire time until fully incorporated and bring to a boil.
8. reduce to a simmer - and cook until thickened - about 5 minutes
9. Add cooked broccoli, and simmer until broccoli is completely soft - another 5-10 minutes
10. remove the pot from the heat and puree with a hand-held immersion blender or food processor.
11. Add the milk and bring to a bare simmer to heat through.
12. add cheese and heat until melted
13. put in bowl and add croutons

Calories: 289

Fat: 12 g

Fiber: 4.88 g

Protein: 18 g