

# Broccoli Cheddar Soup

## Ingredients:

- ¼ yellow onion
- 1 ½ cups broccoli
- ½ carrot
- 1 Tbsp. oil or butter
- 1 Tbsp. all-purpose flour
- ¼ cup chicken broth
- ¼ cup milk (1 Tbsp. dry milk)
- 1/8 tsp. paprika
- 1 tsp. garlic powder
- Salt & Pepper to taste
- 2 oz. cheddar cheese



## Instructions:

1. Dice the onion. Chop the broccoli into very small pieces. Slice the carrots.
2. Add the oil and onion to a soup pot and sauté over medium heat until the onions are soft and translucent. Add the flour and continue to sauté for about 2 minutes more, or until the flour is coating the bottom of the pot and is a light golden brown color.
3. Add the chicken broth and whisk to dissolve all the flour off the bottom of the pot. Turn the heat up to medium-high and, while stirring often, allow the broth to come up to a simmer. When it reaches a simmer, it will thicken to a gravy consistency.
4. Add the dry milk to ¼-cup milk and stir until powder is completely dissolved.
5. Turn the heat back down to medium heat and whisk in the milk, paprika, garlic powder and pepper. Allow the broth to come back to a simmer.
6. Add the broccoli and carrots. Allow the broth to come back up to a simmer and continue to simmer the vegetables, stirring often, for 15 minutes or until the carrots are tender.
7. Finally, turn the heat down to medium-low and stir the shredded cheese into the soup, a little at a time, until it is fully melted. Taste the soup and add salt if needed.