

Broccoli Cheddar Soup by Lynn's Recipes



Lynn demonstrates (with help from Sophie) how to make Broccoli Cheddar Soup. This reminds me of the soup that you get from Panera. Delicious on a cold day for lunch or dinner. From My Blessed Life.

Ingredients:

- 2 Tablespoons butter, melted
- 1 large onion, chopped
- ½ cup butter, melted
- ½ cup all purpose flour
- 4 cups half and half
- 4 cups chicken broth
- 1 lb. fresh broccoli
- 2 cups carrots, julienned
- Salt and pepper, to taste
- ½ teaspoon nutmeg
- 16 ounces sharp cheddar cheese, grated

Saute onion in butter. Set aside. Whisk butter and flour over medium heat for 3-5 minutes. Stir constantly and slowly add half and half. Add chicken stock, still whisking.

Simmer 20 minutes.

Add broccoli, carrots and onion. Cook over low heat until veggies are tender, about 20-25 minutes. Add salt and pepper. The soup will have thickened by now.

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Carefully transfer soup mixture to a blender or food processor to blend. You can use an immersion blender, which is what I used and blend to your desired consistency. Return soup to pot and then place on low heat and add cheese and stir until melted and blended. Add nutmeg right before serving.

Serves 8-10

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Lynn's Recipes: November 2012
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