

Cream of Broccoli Cheddar Soup

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Comforting and delicious and perfect for a cold night!

6 Servings – 7 points per serving as written.

You can reduce the points by using 2 cups of fat free half and half instead of half and half and milk and reduced fat cheese (if using reduced fat cheese, increase to 6-8 ounces)

- 1 pound broccoli (chopped)
- 2 tsp olive oil
- 1 clove garlic (minced)
- 1/2 cup onion (diced fine)
- 4 cups chicken broth
- 2 cups fat free half and half
- 1 cup shredded carrots
- 4 oz cheddar (grated)
- 2 Tbsp cornstarch
- 2 Tbsp warm water

1. In a stock pot, saute onions and broccoli in olive oil, about 5 minutes Add g.arlic, saute for 30 seconds.
2. Add chicken broth, half and half, milk and carrots. Bring to a boil and reduce to a simmer. Simmer for 30 minutes or until broccoli and carrots are soft. When veggies are cooked to your liking, combine cornstarch

and water in a bowl.

3. Bring soup back to a boil and add cornstarch mixture. Stir until thickened. You can blend with an immersion blender if you wish.
4. Season with salt and pepper and/or a dash of hot sauce if you like. Add cheese and stir until melted.

Soup