



Broccoli Cheese Soup

Ingredients:

- 1 tablespoon butter, melted
- ½ medium onion, chopped
- ¼ cup butter, melted
- ¼ cup flour
- 2 cups heavy cream or half and half
- 2 cups chicken stock or bouillon
- ½ pound broccoli, chopped
- 1 cup carrots, sliced julienne
- salt and pepper to taste
- ¼ teaspoon nutmeg
- 8 oz sharp cheddar cheese, grated



Directions:

- Cook onion in 1 tablespoon butter over medium-high heat until tender. Set aside.
- In a medium saucepan, whisk flour into $\frac{1}{4}$ cup melted butter and cook over medium heat for 3-5 minutes, stirring frequently.
- Gradually whisk half and half into butter and flour mixture.
- Whisk chicken stock into half and half mixture and simmer for 20 minutes.
- Add sautéed onions, broccoli and carrots to the soup mixture.
- Reduce heat to low and cook for 20-25 minutes until broccoli and carrots are tender, stirring occasionally as soup thickens.
- Season with salt and pepper to taste.
- Puree batches of soup in blender or food processor and return to pot.
- Reheat soup over low heat.
- Stir in grated cheese and cook for a few minutes while it melts.
- Stir in nutmeg and remove from heat.