



Cream of Broccoli Soup

INGREDIENTS

3 tbsp. of butter

½ cup of onion, finely chopped

3 cloves of garlic, minced

2 tbsp of all-purpose flour

1 tsp. salt

¼ tsp of ground black pepper

4 cups (32 oz.) of vegetable or chicken broth

4 cups of broccoli florets

1 cup fat free Half & Half

1 cup shredded cheddar cheese

METHOD

Select the sauté function on the pressure cooker and set the timer for 10 minutes.

Once the inner pot is warm, add the butter and allow it to melt. Add the onion and sauté it until soft. Add the garlic and sauté for an additional 1 minute.

Add the flour, salt, and pepper; stirring until well combined.

Carefully and slowly pour the broth into the pot, stirring as you're pouring to prevent any lumps from forming.

Stir in the broccoli florets.

Put the lid on the pressure cooker, and select high pressure for 4 minutes.

Once the cooking time is up, do a quick release. Once the pressure has released, carefully open the pressure cooker. Use a potato masher to break up the broccoli completely.

Stir in the Half & Half and cheese until well combined.

Taste the soup and if necessary, adjust the seasoning.

Serve immediately.