



Broccoli Soup; with or without cheese

Prep Time : 15 mins **Cook Time** : 40 mins **Servings** : Servings: 6 **Source** : Allrecipes.com

INGREDIENTS

- 1 onion, diced
- 1 tablespoon olive oil
- 2 heads broccoli, chopped
- 2 potatoes, peeled and cubed
- 4 cups chicken broth
- 4 ounces stilton cheese, or any cheese you like (optional)

DIRECTIONS

Instructions Checklist

In a large saucepan over medium heat, cook onions in olive oil until translucent. Stir in broccoli and potatoes and cook until vegetables begin to release their moisture. Pour in chicken broth, bring to a boil, then reduce heat and simmer until vegetables are tender, about 20 minutes. Remove from heat and let cool slightly. Stir in cheese until melted.

Puree soup in a blender or food processor or with an immersion blender.

NUTRITION

183 calories; 8.1 g total fat; 14 mg cholesterol; 297 mg sodium. 21.7 g carbohydrates; 8.2 g protein; Full Nutrition