

# Broccoli Cheddar Soup



## Servings: 4

*1/2 cup unsalted butter*  
*1 onion, chopped*  
*1/2 cup all-purpose flour*  
*1/2 teaspoon salt*  
*1/2 teaspoon black pepper*  
*3 cups milk*  
*1 1/2 cups vegetable stock*  
*2 cups broccoli florets*  
*1 cup cheddar cheese, shredded*

In a sauce pan melt the unsalted butter. Add the onion and sauté until the onion is tender.

Stir in all-purpose flour, salt, and pepper until blended.

Gradually add milk and vegetable stock. Bring to a boil. Cook and stir until thickened about 2 minutes.

Add the broccoli. Cook and stir until heated through.

Remove the sauce pan from the heat.

Stir in the cheddar cheese until melted.

Ladle into bowls.

Serve

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Per Serving (excluding unknown items): 625 Calories; 49g Fat (69.7% calories from fat); 22g Protein; 26g Carbohydrate; 1g Dietary Fiber; 138mg Cholesterol; 1004mg Sodium; 11g Total Sugars; 1mcg Vitamin D; 646mg Calcium; 1mg Iron; 370mg Potassium; 457mg Phosphorus. Exchanges: .