

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

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: .