RECIPE

Broccoli and sharp cheddar soup

A broccoli and sharp cheddar soup for lunch, thickened with a quick flour roux and finished with measured reduced-fat cheddar off the heat.

MAKES

6 servings US Metric

TOTAL

45 min

Ingredients

- [ ] 1 tbsp olive oil
- [ ] 1 medium onion, finely chopped
- [ ] 1 large carrot, peeled and finely chopped
- [ ] 1 tsp garlic powder
- [ ] ½ tsp ground mustard
- [ ] 3 tbsp all-purpose flour
- [ ] 4 cups low-sodium chicken broth
- [ ] 1 ½ lb trimmed broccoli, florets and peeled stems, chopped small
- [ ] 1 cup evaporated fat-free milk
- [ ] 4 ½ oz reduced-fat sharp cheddar, shredded
- [ ] 1 tbsp lemon juice
- [ ] ¾ tsp salt
- [ ] ½ tsp black pepper

Method

1. Heat the oil in a large pot over medium heat. Cook the onion and carrot for 6 to 8 minutes, stirring, until soft but not browned.
2. Stir in the garlic powder, ground mustard and flour. Cook for 2 minutes, stirring the whole time, until the flour smells toasty and no dry patches are left.
3. Pour in the broth about a cup at a time, whisking after each until smooth. Add the broccoli, bring to a boil, then turn the heat down to a steady simmer with the lid cracked.
4. Simmer 12 to 15 minutes, until a piece of stem gives easily to a fork. Go by the fork, not the clock.
5. Stir in the evaporated milk and heat until the soup is steaming but not boiling. Take the pot off the heat.

6 Add the cheese a handful at a time, stirring until each handful melts before the next goes in. Stir in the lemon juice, salt and pepper. Reduced-fat cheese melts best off the boil.

7 Cool leftovers within 2 hours (1 hour if the room is above 90 °F), in shallow containers, then refrigerate. Reheat to a rolling boil, stirring, over low heat so the cheese does not scorch.