

Creamy Broccoli Cheese Soup

What You'll Need:

4 tablespoon butter

3 tablespoon flour

3 cups of half and half (can be substituted with heavy cream or milk)

1 pound frozen broccoli, fresh or frozen

2 cans chicken broth

2 cups grated sharp cheddar

What you do:

You pulse the broccoli and half of the broth in your food processor for about 1 minute. If you have an immersion blender, you can boil the broccoli in the broth until cooked and then use the [immersion blender](#) to pulse the broccoli.

Combine pulsed broccoli and the remaining broth in a soup pan and bring to a boil for approximately 5 minutes until the broccoli is cooked.

In a separate pan, make a roux by melting butter and then adding flour until combined. Add roux to the boiling soup.

Once combined, bring soup back to a boil and pour in the half and half. Stir until thickened.

Lower heat to medium, add grated cheese and stir until melted.

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