



Broccoli Cheddar Cheese Soup

Yield: 8

Prep time: 5 minutes

Total time: 25 minutes

From Emilie Bailey's [*Vegetarian Keto In 30 Minutes*](#), © Rockridge Press, 2021

Ingredients

- 3 tablespoons salted butter
- ½ cup diced celery
- ½ cup diced onion
- ½ teaspoon kosher salt
- 3 garlic cloves, chopped
- 1 teaspoon paprika
- 1 pound chopped broccoli florets, frozen or fresh
- 3½ cups vegetable stock or broth
- ¾ cup heavy whipping cream
- 4 ounces full-fat cream cheese, at room temperature
- 3 cups shredded Colby-Jack cheese

Directions

1. In a Dutch oven, melt the butter over medium heat. Add the celery and onion, season with the salt, and sauté for 4 to 5 minutes until the vegetables are tender. Stir in the garlic and paprika and cook for another minute
2. Add the broccoli and the stock, bring to a simmer, and cook for another 4 to 5 minutes, or until the broccoli is fork tender. Remove half of the broccoli and set aside.
3. Add the cream and whisk in the cream cheese until fully melted and smooth. Puree with an immersion blender to our desired consistency.
4. Lower the heat to low and slowly add the shredded cheese a little at a time, stirring until fully incorporated. Add the reserved broccoli back into the soup and serve.

Notes

- For a completely smooth soup, using an immersion blender, puree the soup to your desired texture and add additional vegetable stock to thin as necessary. You can also do this in a blender but use extreme caution when blending hot liquids. Be sure to place a towel over the lid before blending.
- Variation: Substitute shredded Gruyere or Fontina for the Colby-Jack to change up the flavor of the soup.
- For a quick shortcut, use frozen chopped broccoli to cut down on prep time.

Special Diet Information

Vegetarian, keto, gluten-free, nut-free, egg free, low carb

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