

Creamy Broccoli Cheddar
Chef Jenn Magrey
Ledyard Farmers Market

Ingredients

1/4 cup butter (1/2 stick)
1/2 cup onion -diced
1-2 cloves garlic - rough mince
1/4 cup diced carrots
1/4 cup flour
3-4 cups chicken broth (or vegetarian broth) **
1 bunch (about 2 cups coarsely chopped fresh broccoli florets (1/2 cup set aside)

1 cup 1/2 and 1/2
1 cup shredded sharp Cheddar cheese
1/4 cup Parmesan cheese
salt and ground black pepper to taste

Directions

Melt 1/4 cup (1/2 stick) butter in a soup pan over medium heat. Add the onion and cook for about 5 minutes. Add the garlic and cook for one minute more.
Add the flour and stir into the onions and cook for 1 minute, stirring to cook off the flour taste.
Pour 3 cups of the chicken broth into onion/flour mixture while whisking constantly. Add the carrots and 1 and 1/2 cups of chopped fresh broccoli (remember you set aside 1/2 cup) and bring the soup to a low simmer; cook until flour taste is gone and mixture is thickened, about 20 minutes. Stirring occasionally. **If it seems too thick stir in the other cup of broth.
Using a hand immersion blender (or regular blender carefully with the top kept ajar) blend the soup until everything is puréed and somewhat creamy. Keep on low simmering heat and stir in the 1/2 cup of raw broccoli and let soup simmer for 15 more minutes. (This is to add some texture)

After soup has simmer and the broccoli is cooked, stir in the one-cup of 1/2 and 1/2 along with the shredded Cheddar and Parmesan cheese.
Taste and season with salt and pepper as needed.