

IP Broccoli Cheese Soup

Adapted slightly from Instant Pot Eats



- 3 tablespoons unsalted butter
- 1/2 cup carrots, diced
- 1/2 onion, chopped
- 1/2 cup celery, chopped
- 1/4 cup all-purpose flour, or gluten-free
- 3 cups low sodium chicken broth, or more if needed
- 2 cloves garlic, diced
- 1/4 teaspoon sweet paprika
- 1 teaspoon spicy mustard
- 4 cups broccoli, cut into small florets and finely dice the stems
- 1 1/2 cups half and half, or use about 1/2 cup heavy cream (bring to room temperature)
- 8 ounces Velveeta, diced into cubes - or use cheddar

Per Serving (excluding unknown items): 421 Calories; 27g Fat (54.8% calories from fat); 19g Protein; 31g Carbohydrate; 6g Dietary Fiber; 80mg Cholesterol; 867mg Sodium; 12g Total Sugars; 0mcg Vitamin D; 404mg Calcium; 2mg Iron; 1105mg Potassium; 654mg Phosphorus. Exchanges: 1/2 Grain(Starch).

Carolyn T's Blog: tastingspoons.com

Servings: 5

1. Start IP on Sauté setting and allow it to heat up slightly. Add butter and once melted, add the onions, carrots, celery and garlic. Sauté for 1-2 minutes, stirring a couple of times or until onion is softened.
2. While still hot, add flour and stir briskly for 30 seconds.
3. Add chicken broth in 2-3 batches stirring with a whisk so there are no lumps.
4. Add the seasonings and mustard, stir through and add the broccoli florets.
5. Close and seal the Instant Pot. Press Manual/Pressure Cook button and adjust the time to 5 minutes, and adjust to HIGH pressure.
6. Once the timer is done, use the Quick Release method to let the steam off and open the lid.
7. Stir the soup, then add cream (microwave it slightly if needed). Mix through and use a potato masher to roughly puree the cooked vegetables into the liquid.
8. The soup may be hot enough to serve without reheating. If you want the soup to be super-hot, press the Sauté function key again to bring soup back to a simmer. Immediately turn off once soup begins to simmer and add the cheese in 2-3 batches, stirring well until it's fully melted and combined into the soup. Velveeta will sink to the bottom so stir thoroughly. If the soup is too thick for your liking, add a bit more chicken broth.
9. Serve with toppings of your choice, such as shredded cheddar, chopped broccoli, hot sauce, sour cream, chives, crispy bacon, croutons and so on. Storing the soup: Keep in an airtight container for 3-4 days in the fridge. Reheat well and whisk to restore its creamy texture. The soup freezes well. Thawed broccoli cheese soup may have a slight change in texture because the cream may separate during freezing and then thawing. Simply whisk the soup back together and add some more cream to bring it back to life. Refresh the seasonings with salt and pepper and enjoy. One tip is to use evaporated milk instead of cream if you plan to freeze this soup.