

Creamy Broccoli and Cheddar Soup

Author: Inspired by a Cook's Country recipe

Carolyn T's
Main Cookbook

Servings: 6



SOUP:

3 tablespoons unsalted butter
1 large onion, chopped
2 whole garlic cloves, chopped
1 1/2 pounds broccoli, stems peeled and sliced into 1/2 inch pieces, florets chopped into 1/2 inch pieces
4 cups low-sodium chicken broth
1 cup heavy cream
1/4 teaspoon ground nutmeg
2 cups sharp cheddar cheese, shredded, plus extra for garnish
salt and cayenne pepper to taste

CROUTONS:

6 slices baguette, about 1/4 inch thick
3/4 cup sharp cheddar cheese, shredded
3 slices bacon, cut in small pieces

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

Per Serving (excluding unknown items): 463 Calories; 41g Fat (73.7% calories from fat); 24g Protein; 9g Carbohydrate; 2g Dietary Fiber; 127mg Cholesterol; 435mg Sodium. Exchanges: 0 Grain(Starch); 3 Lean Meat; 1 Vegetable; 0 Non-Fat Milk; 6 1/2 Fat.

Your Text Here

1. Melt butter in large pot over medium heat. Add onion and cook until soft, about 5 minutes. Add garlic and cook until fragrant, about 1 minute. 2. Add broccoli stems and cook until bright green and just beginning to soften, about 5 minutes. Stir in broth, increase heat to medium-high and simmer until stems are tender, about 5 minutes. 3. Add florets, cream and nutmeg and simmer until florets are tender, about 5 minutes.
2. In a small skillet fry up the bacon until just crispy. Drain on paper towels. Set aside.
3. Place sliced baguette on a baking sheet. Broil one side until bread is just barely golden brown. Turn pieces over and broil other side until they are golden brown. Remove from oven and place some of the grated cheese on top and sprinkle about a teaspoon of bacon on each slice. Return to broiler until cheese is melted and bubbling.
4. Meanwhile, puree soup in 2 batches in blender until smooth, return to pot and bring to simmer over medium heat. Stir in cheddar and half the bacon until cheese is melted and season with salt and cayenne.
5. Pour soup into wider, flatter bowls and place one or more slices of bacon-cheddar croutons on top. Serve.
6. Soup can be refrigerated for up to 3 days. Reheat over medium heat until hot, but do not boil or cheese will separate.