

Broccoli-Cheddar Soup

Palm Beach Post

3 cups chicken broth
1 onion, chopped
4 cups broccoli, chopped
dash garlic powder
1 teaspoon thyme
2 bay leaves
4 tablespoons butter
4 tablespoons flour
1/2 teaspoon salt
2 cups milk
2 cups Cheddar cheese, shredded
crusty bread for dipping

In a large saucepan, mix chicken broth, onion, broccoli, garlic powder, thyme and bay leaves. Bring to a boil. Reduce heat, cover and simmer 10 minutes or until vegetables are soft.

Remove bay leaves and pour mixture into a food processor. Pulse until smooth, approximately 1 minute. Reserve in a bowl.

In the original saucepan, melt butter. Whisk in flour, salt and a little pepper until a thick paste forms. Add milk and cook, stirring constantly, until mixture thickens. Add cheddar, stirring until it dissolves.

Pour in broccoli mixture and cook until blended. If necessary, add more chicken broth to thin. Season with additional salt and pepper.

Serve with bread for dipping.

Per Serving (excluding unknown items): 1974 Calories; 143g Fat (64.4% calories from fat); 101g Protein; 78g Carbohydrate; 12g Dietary Fiber; 428mg Cholesterol; 4486mg Sodium. Exchanges: 1 1/2 Grain(Starch); 9 1/2 Lean Meat; 4 1/2 Vegetable; 2 Non-Fat Milk; 22 Fat.