

BROCCOLI CHEDDAR SOUP

(from *Comfort Food Fix* by Ellie Krieger)
from The Cooks Next Door

2 tsp olive oil
1 onion, chopped
1 clove garlic, minced
1/4-1/2 tsp ground nutmeg (opt.)
1 large head broccoli, florets and tender part of stem chopped (about 6 cups)
3 c. chicken broth
2 c. milk
2 Tbsp flour or cornstarch
1 1/4 c. lightly packed shredded sharp cheddar cheese (5 ounces)
1/2 tsp salt, plus more to taste
1/4 tsp freshly ground black pepper, plus more to taste

Heat the oil in a soup pot over medium heat. Add the onion and cook, stirring, until softened and translucent, about 4 minutes. Add the garlic and nutmeg and cook for 30 seconds. Add the broccoli and chicken broth and bring to a boil. Reduce the heat to medium low and cook until the broccoli is tender, about 5 minutes. Remove from the heat and cool slightly, about 15 minutes.

Meanwhile, in a small saucepan, whisk together the milk and flour/cornstarch, until dissolved. Heat the mixture over medium-high heat, stirring constantly, and bring to a gentle boil. Reduce the heat to medium low and cook, stirring occasionally, until the mixture has thickened, about 3 minutes. Add one cup of the cheese and cook, stirring, until melted, 2 minutes more. Remove from the heat and cover to keep warm.

Use an immersion blender and puree the broccoli mixture, until it is mostly smooth with a few chunks. (Alternatively, if you don't have an immersion blender, puree one cup at a time in a blender.) Stir in the cheese mixture, season with salt and pepper, and cook over low heat until warmed through. Serve topped with the remaining cheese. Serves 4.