

Broccoli Cheddar Soup

Ingredients

3 tbsp unsalted butter
1 large onion, chopped
2 cloves garlic, chopped
1.5 lbs broccoli, stems peeled and sliced into 1/2-inch pieces, florets chopped into 1/2-inch pieces
4 cups low-sodium chicken or vegetable broth
1 cup heavy cream
1/4 tsp ground nutmeg
3 cups shredded mild cheddar cheese, plus extra for garnish
salt
cayenne pepper

Instructions

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. 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. Add florets, cream, and nutmeg and simmer until florets are tender, about 5 minutes.

2. Puree soup in two batches in blender until smooth, return to pot, and bring to simmer over medium heat. Stir in cheddar until melted and season with salt and cayenne pepper. Serve, garnished with extra cheese. (Soup can be refrigerated for up to 3 days. Reheat over medium heat until hot, but do not boil or cheese will separate.)

Cost Breakdown

Broccoli cheddar soup -- ~\$14.99 (3+ meals for 2 people)
3 tbsp unsalted butter (32 tbsp for \$4.79) -- ~\$.45
1 large onion, chopped (1 for ~\$1.08) -- \$1.08
2 cloves garlic (5 bulbs for \$2.49) -- ~\$.10
1.5 lbs broccoli (1lb for \$1.99) -- ~ \$2.99
4 cups No Chicken vegan broth (28 cups for \$5.49) -- ~\$.78
1 cup heavy cream (1 pint for \$4.19) -- ~\$2.10
1/4 tsp ground nutmeg – negligible
12 oz shredded mild cheddar cheese (\$9.99/lb) -- ~\$7.49
salt
cayenne pepper

Revision #2

Created 7 July 2020 02:12:06 by TehFishey

Updated 7 July 2020 19:40:37 by TehFishey