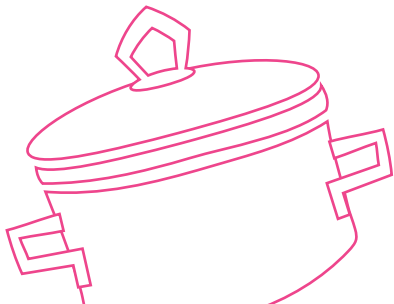


Broccoli Cheddar Soup

Time: 45 minutes | Servings: 10

INGREDIENTS

6 tbsp canola oil, divided
1 onion, diced
3 cloves garlic, minced
1 large head broccoli, finely chopped
2 celery stalks, chopped
4 large carrots, peeled and grated
4 cups chicken or vegetable stock
¼ cup all-purpose flour
4 cups 1% milk
4 cups sharp cheddar cheese, shredded
Salt and black pepper, to taste



METHOD

1. Heat a large pot on medium high heat with 2 tbsp of oil.
2. Add diced onion and a sprinkle of salt, cook until translucent.
3. Add garlic and cook for 1 more minute until fragrant.
4. Add remaining chopped vegetables and mix well. Sauté for 5 minutes.
5. Add stock and bring to a simmer.
6. While soup is simmering, make a roux (thickener) by adding 4 remaining tbsp of oil to a small pot. When oil is hot add the flour and stir until combined.
7. Cook the roux for 3 minutes on medium heat, stirring often.
8. Add milk 1 splash at a time while stirring with a whisk until all milk has been added and sauce is about as thick as pudding.
9. Add the cheese 1 cup at a time, and whisk well between each addition of cheese.
10. Add cheese sauce to soup and stir thoroughly. Cook until soup is thickened, about 10 minutes.
11. Taste the soup and add salt and pepper, to taste.