



Broccoli Soup with Cheddar Cheese

INGREDIENTS

1 Tablespoon canola oil
3 cloves garlic, peeled and chopped
1 onion, chopped
2 stalks celery, chopped
1 potato, peeled and cubed
8 cups broccoli florets
4 cups chicken stock
Salt and Pepper

2 cups milk
4 ounces cheddar cheese, grated

DIRECTIONS

- In a large soup pot preheated over medium heat, sauté together the onions, garlic, celery and potato with the olive oil until the veggies develop some color.
- Add the broccoli and cover the broccoli with stock. Allow the soup to simmer for about 20 minutes or until the broccoli and potatoes are really soft.
- Blend the soup using either an immersion blender or a regular blender
- Add the soup back in the pot (if you used a blender to puree it) add the milk and cheddar cheese and heat everything together for just about a minute. Adjust for seasoning and serve! Salt and pepper to taste.

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