Broccoli and Cheese Soup

Ingredients

1 tsp olive oil

1 small onion chopped

2 cans chicken broth

1 1/2 packages of fresh broccoli (approx. 18 oz)

4 Tbsp butter

4 Tbsp flour

2 cups milk

2 cups shredded cheese (I used Sargento’s 4 State Cheddar)

Directions:

1. Put olive oil in a large pot. Sautee onions until they become translucent.
2. Add the chicken broth and broccoli. Cook until broccoli is tender about 20 minutes.
3. In another small to medium saucepan, melt butter and then add the flour to create a roux. Let it cook for a few minutes so it won’t taste like raw flour.
4. Add the milk and the cheese, stir often until all the cheese is melted.
5. Use a hand blender, potato masher, food processor (if it can handle the heat) to break up the broccoli to desirable consistency (some like it chunky).
6. Add the cheese mixture to the pot with the broccoli. Cook for a few more minutes. If it isn’t as thick as you would like it, add corn starch mixed with cold water (about a half of Tbsp of each).