

# Broccoli Soup

## Ingredients

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1 T Olive Oil  
1 Onion (chopped)  
1/8 t Crushed Red Pepper Flakes  
2 c Chicken Broth  
9 oz Broccoli (chopped)  
1 Russet Potato (peeled, cut into  
1/2-inch pieces)  
1/2 c Sharp White Cheddar (2 oz.,  
grated)  
3/4 t Salt  
1/4 t Ground Black Pepper  
3 clv Garlic (minced)

## Instructions

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1.Heat the oil in a large saucepan over medium heat. Add the onion, garlic, and red pepper and cook, stirring occasionally, until the onion is soft, 4 to 6 minutes.

2.Add the broth, broccoli, potato, 2 cups water, 1/2 teaspoon salt, and 1/4 teaspoon pepper to the saucepan and bring to a boil. Reduce heat and simmer, covered, until the vegetables are very tender, 18 to 20 minutes.

3.Using a hand blender puree the soup until smooth, adjusting the consistency with water as necessary. Top with the cheddar before serving.