

Broccoli Soup

Ingredients

- 1 T Olive Oil
- 1 Onion (chopped)
- 1/8 t Crushed Red Pepper Flakes
- 2 c Chicken Broth
- 1 Broccoli (florets roughly chopped and stems peeled and sliced)
- 1 Russet Potato (peeled, cut into 1/2-inch pieces)
- 1/2 c Sharp White Cheddar (2 oz., grated)
- 1/2 t Salt
- 1/4 t Ground Black Pepper

Instructions

- 1.Heat the oil in a large saucepan over medium heat. Add the onion 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.In a blender, working in batches, puree the soup until smooth, adjusting the consistency with water as necessary. Top with the Cheddar before serving.