

This Broccoli Cheddar Soup Is My 30-Minute Comfort Fix

Why This Soup Is a Staple in My Kitchen



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30 min

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INGREDIENTS

- 4 cups broccoli florets (fresh or frozen)
- 1 tablespoon olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 4 cups vegetable broth
- 2 cups whole milk
- 2 cups shredded sharp cheddar cheese
- 1/2 teaspoon salt (or to taste)
- 1/4 teaspoon black pepper
- 1 tablespoon cornstarch (optional, for thickening)

DIRECTIONS

- SautØ the Aromatics:** I start by heating olive oil in a large pot over medium heat. Once hot, I toss in the chopped onion and garlic and cook for 3 to 4 minutes until the onions are soft and fragrant. This quick step builds a savory base that makes the soup feel richer than it actually is.
- Simmer the Broccoli:** Next, I add the broccoli florets and pour in the vegetable broth. I bring everything to a boil, then lower the heat to a simmer. After about 10 to 12 minutes, the broccoli should be fork-tender and ready for blending.
- Blend to Your Preference:** I love using an immersion blender right in the pot-it saves time and mess. I blend until the soup is mostly smooth, but I usually leave a few pieces of broccoli for texture. If you prefer an ultra-smooth finish, transfer the soup to a blender in batches (just make sure to vent the lid slightly to release steam).
- Add the Milk and Cheese:** With the heat on low, I stir in the whole milk and bring the soup back to a gentle simmer. Then I slowly add the shredded cheddar, stirring constantly to prevent clumping. The cheese melts into a creamy, velvety finish that's honestly kind of addictive.
- Thicken if Needed:** If I want a thicker soup, I whisk a tablespoon of cornstarch with a splash of cold water until smooth and stir it into the pot. After simmering for another 2 to 3 minutes, the soup thickens up nicely.
- Season to Taste:** Finally, I taste and adjust the seasoning with salt and pepper. Sometimes I'll add a dash of cayenne or smoked paprika if I'm craving a

little heat.

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