



SIMPLE, FRESH FARM BOX MEALS

JAN 15, 2024

Simple recipes so we can eat well & support local agriculture

Roasted Broccoli Cheddar Soup

YOU'LL NEED

Roasted Broccoli:

- 1-2 heads broccoli - bite size florets
- 2 tbs EV olive oil
- 1 tsp sea salt
- 1 tsp black pepper
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried basil
- 1 tsp dried thyme
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Soup:

- 4 tbs unsalted butter
- 1 red OR yellow onion - chopped
- 4 garlic cloves - minced
- 2 carrots - peel & chop
- 3 tbs organic all-purpose flour (subs: arrowroot, tapioca flour)
- 1 tsp sea salt
- 1 tsp smoked paprika
- 1 tsp mustard powder
- 1 tsp garlic powder
- ½ tsp black pepper
- 3 cups vegetable stock
- ¾ cup organic heavy cream (subs: full-fat coconut cream/milk)
- 2-3 cups sharp cheddar - shredded or grated (vegan subs: You can use ½ cup nutritional yeast or dairy-free cheese shreds)

ALL YOU HAVE TO DO

Roasting the Broccoli:

- Preheat oven to 400°F & prepare a baking sheet w/parchment paper.
- Add the broccoli florets to the prepared baking sheet & drizzle w/olive oil followed by: salt, black pepper, garlic powder, oregano, basil, & thyme, stirring until combined. Arrange in a single layer.
- Bake until the broccoli is slightly charred w/a bit of crunch. Once done, remove from the oven & let cool.

Making the Soup:

- In a medium-sized Dutch oven pot over medium high-heat, add the butter. Once melted, add the minced garlic & chopped onions, & sauté until translucent + fragrant, about 1-2 minutes. Add the flour, salt, black pepper, smoked paprika, mustard powder, & garlic powder, stirring until combined.
- Add in half of the roasted broccoli & veggie stock, stirring everything together until combined.
- Let everything boil for 1-2 minutes & then reduce heat to low to allow a simmer. Continue to simmer for another 5 minutes. Carefully using a hand-blender blend the veggies in the soup until MOSTLY broken down & until smooth, about 2-3 minutes.
- Add in the heavy cream, remaining broccoli, & chopped carrots, stirring to combine. Continue to simmer for another 8-10 minutes or until the carrots have softened. Add in the cheddar cheese & stir until completely melted.
- At this point, the soup should be thickened as it continues to simmer.
- Remove from heat & serve immediately into prepared bowl(s), serve w/your favorite side, if desired.

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