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## **Broccoli Cheddar Soup**

## **Ingredients**

- 4 tablespoons unsalted butter
- 1 medium yellow onion, chopped
- 1/2 teaspoon sea salt
- Freshly ground black pepper
- 3 garlic cloves, chopped
- 1/4 cup all-purpose flour
- 2 cups whole milk or unsweetened almond milk
- 2 cups vegetable broth
- 3 cups chopped broccoli florets
- 1 large carrot, julienned or finely chopped
- 1/2 teaspoon Dijon mustard
- 8 ounces shredded cheddar cheese, about 2 heaping cups

## **Instructions**

- 1. Melt the butter in a large pot or Dutch oven over medium heat. Add the onion, salt, and several grinds of pepper and cook, stirring, for 5 minutes, or until softened. Stir in the garlic and cook for another minute, then sprinkle in the flour and whisk continuously for 1 to 2 minutes, or until the flour turns golden. Slowly pour in the milk, whisking continuously.
- 2. Add the broth, broccoli, carrot, and mustard and stir to combine. Simmer for 15 to 20 minutes, or until the broccoli is tender.
- 3. Gradually add the cheese, stirring after each addition, until all the cheese is melted and the soup is creamy. Season to taste and serve with croutons, if desired.

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