

30 Minute Broccoli Cheddar Soup (Better than Panera!)

Healthy broccoli cheddar soup packed with carrots, broccoli, garlic, and cheese. This creamy velvety soup is much better than Panera's broccoli cheddar soup and can be made in under 30 minutes for a fraction of the price!



4.83 from 145 votes

 Course	Dinner
 Cuisine	American
 Keyword	broccoli, cheddar, cheese, Panera, soup
 Prep Time	10 minutes
 Cook Time	20 minutes
 Servings	4 people
 Calories	570kcal

Equipment

- Dutch Oven
- Cutting board
- Serving Bowls

Ingredients

- 4 tablespoons butter $\frac{1}{2}$ stick
- $\frac{1}{2}$ medium onion chopped
- 2-3 cloves garlic minced
- 4 tablespoon AP flour
- 3 cups low sodium chicken or vegetable stock
- 1 tsp kosher salt
- $\frac{1}{2}$ tsp black pepper
- $\frac{1}{4}$ tsp paprika or ground nutmeg, optional
- 3 cups broccoli florets or 1 large head, cut into small pieces
- 1 large carrot grated, julienned or finely chopped
- 1 cup milk
- 8 oz block grated cheddar cheese or 2 cups (mild, medium, or sharp)

Instructions

1. Melt butter in a large dutch oven or pot over medium-high heat. Add the onion and cook 3-4 minutes or until softened and light gold. Add the garlic and saute for another minute.
2. Add flour and whisk for 1-2 minutes or until the flour begins to turn golden in color.

reduce heat to medium-low and simmer for 30 minutes or until the broccoli and carrots are cooked through.

3. Stir in milk and cheddar cheese and simmer for another minute. Taste and adjust seasoning if needed.
4. Serve with toasted crusty bread or in a bread bowl if desired.

Nutrition

Serving: 1bowl (1/4th recipe) | Calories: 570kcal | Carbohydrates: 22g | Protein: 21g | Fat: 45g |

Saturated Fat: 28g | Cholesterol: 134mg | Sodium: 1225mg | Potassium: 529mg | Fiber: 3g |

Sugar: 4g | Vitamin A: 4381iu | Vitamin C: 65mg | Calcium: 603mg | Iron: 2mg