

BROCCOLI CHEDDAR CHEESE SOUP

Ingredients:

3 Cups broccoli – chopped small.
6 Tbsp butter
16 oz shredded cheddar cheese
¼ cup white onion – diced small
1 cup heaving whipping cream
4 cups chicken broth
2 Tbsp cream cheese
1 tsp salt
1 tsp pepper
1 tsp xanthan gum

Approximately 8 servings – ¾ cup per serving

5.5 Total Carbs, 4 Net Carbs, 1.5g Fiber, 38.5g Fat, 17g Protein, 428 Calories
(nutritional information provided is my best estimate)

Directions:

1. Chop 3 cups of broccoli into small bit size pieces and put to the side
2. In a large pot or saucepan, add 6 tablespoons butter, ¼ cup onion, salt and pepper and cook over medium heat until the onions are translucent
3. Add the broccoli and cook for 3 – 4 minutes until the broccoli is soft
4. Melt 2 tablespoons cream cheese in a microwave safe bowl
5. Add 4 cups chicken broth, cream cheese and 1 cup heavy whipping cream, stir until mixed
6. Bring to a boil – once boiling, turn down the heat to a simmer and slowly add in the cheddar cheese until blended well (don't add too much at one time as it will clump)
7. Add in 1 tsp Xanthan Gum, continue to stir while the soup thickens. ***This step is optional***

Add some cheddar cheese to the top and enjoy!