

# Broccoli Cheddar Soup

Lunch Side

SERVING SIZE: 1.5 Cups

YEILD: 10 SERVINGS

MEAL PATTERN CONTRIBUTION: 2 oz eq m/ma .75 cup veg

## Ingredients and Instructions

Butter	½ Cup
Onion, chopped	1 Cup
Garlic, minced	6 cloves
Flour, all purpose	½ Cup
Stock, chicken or vegetable	1 Quart
Salt	2 tsp
Pepper, black	1 tsp
Paprika	½ tsp
Broccoli, florets	6 cups
Carrot, grated	2 ½ cups
Milk	4 Cups
Cheddar Cheese, grated	1 Pound 4 ounces

1. Melt butter in a large pot over medium-high heat. Add the onion and cook until softened and light gold. Add in the garlic and sauté for another minute.
2. Add flour and whisk for 1-2 minutes or until the flour begins to turn golden in color. Pour in the stock, broccoli florets, carrots, and seasoning. Bring to a boil then reduce heat to medium-low and simmer for 15 minutes or until the broccoli and carrots are cooked through.
3. Stir in milk and cedar cheese and simmer for another minute. Taste and adjust seasoning if needed.
4. Serve and watch the kids enjoy!

***\*\*If following the NSLP meal pattern this recipe provides ½ cup dark green veg and ¼ cup red orange***