

Broccoli-Cheese Soup

Ingredients

- 3 cups unsalted chicken stock
- 1 3/4 cups broccoli florets, coarsely chopped (about 8 ounces)
- 1 cup diced yellow onion
- 1/2 cup chopped carrot
- 3/8 teaspoon salt
- 1/4 teaspoon freshly ground black pepper
- 2 garlic cloves, minced
- 3/4 cup half-and-half
- 4 ounces shredded reduced-fat extra-sharp cheddar cheese, divided
- 1/4 cup fresh flat-leaf parsley leaves

Preparation

Combine first 7 ingredients in a large saucepan; bring to a boil. Reduce heat, and simmer 10 minutes or until broccoli is tender. Pour soup into a blender. Remove center piece of blender lid (to allow steam to escape); secure lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Return soup to pan. Stir in half-and-half and 2 ounces cheese. Top evenly with remaining cheese and parsley.