

Sarah's Healing Touch

Broccoli & Pepper Jack Cheese Soup

Broccoli & cheese soup is delicious but yes very rich. I tried to make this recipe healthier by using high quality ingredients but it is still high in calories. We love eating it in sour dough bread bowls.



Ingredients:

- 1 yellow onion
- ¼ C. coconut oil
- ¼ C. butter
- 1/3 C. organic whole wheat
- 4 C. raw milk
- 2 C. organic cream
- 4 heads broccoli, cut into florets
- ¼ t. nutmeg
- 3 C. grated pepper jack cheese
- 1 C. chicken broth
- Real Salt and ground pepper to taste

Directions:

Melt the butter and coconut oil in a pot over medium heat. Add the onions and cook for 3-4 minutes. Sprinkle flour over top and stir. Cook for 1 more minute.

Add in milk and cream. Add the nutmeg, broccoli, and a dash of salt and freshly ground black pepper. Cover and reduce heat to low and let simmer for 30 minutes until the broccoli is tender.

Transfer 1/3 of hot soup to a large blender and puree just for a moment. Transfer back to pot and continue to heat. Stir in chicken broth.

Stir in cheese until melted and serve in a large bowl or bread bowl. Add more salt and pepper as needed.

Rejuvenate Refresh Relax