



Broccoli Cheddar Soup (Low Carb, Vegetarian) with Bread Bowls

Ingredients:

Broccoli, celery, onion, American cheese, cheddar cheese, cream, flour. Served with bread bowls and house salad*.

All you do:

1. Twenty-four hours before cooking, thaw the broccoli cheddar soup pan(s) in the refrigerator. For a quicker thaw, slightly open the lid of the pan(s) off to one side when thawing in the refrigerator.
2. On cooking day, pull the bread bowls from the freezer to thaw in the refrigerator.

Cooking Instructions for Oven:

1. Preheat the oven to 350°F.
2. Leave the cover on the thawed broccoli cheddar soup foil pan and place it on the center rack of the preheated oven. Bake covered for 30-40 minutes. The internal cooking temperature of the soup should reach 165°F on cooking thermometer to ensure that it is cooked through.
3. Serve the soup in a bread bowl with a house salad on the side.

Cooking Instructions for Stove Top:

1. Transfer contents of the thawed broccoli cheddar soup pan(s) into a medium-to-large soup pot. Heat the pot uncovered on medium-low heat for 20-30 minutes. Make sure to stir the soup frequently as it cooks on the stove top. The internal cooking temperature of the soup should reach 165°F on cooking thermometer to ensure that it is cooked through.
2. Serve the soup in a bread bowl with a house salad on the side.

Cooking Instructions for Slow Cooker:

1. Spray the inside of a slow cooker with nonstick cooking spray or opt for an easier clean up by using a slow cooker liner.
2. Transfer the contents from the thawed broccoli cheddar soup pan(s) into the slow cooker. Cook the soup on medium-low heat for 5-6 hours or on high heat for 3-4 hours. The internal cooking temperature of the soup should reach 165°F on a cooking thermometer to ensure that it is cooked through.
3. Serve the soup in a bread bowl and with a house salad on the side.

Chef's Tip(s): Only fill the bread bowl ½ full so that the sides can be pulled off for eating! The bread bowl can be refilled.

Dietitian Tips & Notes:

Serve with: leafy green salad and adorn soup with an assortment of toppings, including cooked and crumbled bacon, chopped green onions, croutons, thyme, pepper jack cheese, and/or cooked cauliflower.

Leftovers: If you reheat your soup on the stovetop, use a low heat to keep the cream from separating and add other cooked veggies such as cauliflower, carrots, and spinach.

Fun Fact: raw broccoli contains almost 90% water, 7% carbs (almost half is from fiber), 3% protein and almost no fat.

Broccoli Cheddar Soup Nutrition Facts per serving: 378 calories, 25 g total fat (14 g saturated fat, 0 g transfat), 75 mg cholesterol, 818 mg sodium, 27 g carbohydrates (3 g fiber, 3 g sugar), 14 g protein

Bread Bowl Nutrition Facts per serving: 444 calories, 9 g total fat (1 g saturated fat, 0 g transfat), 71 mg cholesterol, 863 mg sodium, 78 g carbohydrates (5 g fiber, 10 g sugar), 18 g protein

*house salad is good for up to 7 days, do not freeze