

# 20 Minute Broccoli Cheese Soup

PREP TIME	5 minutes
COOK TIME	15 minutes
TOTAL TIME	20 minutes
SERVINGS	6 servings
AUTHOR	<a href="#">Holly Nilsson</a>



★★★★★  
4.98 from 283 votes

Broccoli Cheese Soup is an easy cheesy soup ready in 20 minutes, start to finish!

## Ingredients

- 1 tablespoon butter
- 1 small onion diced
- 1 cup carrots diced
- 3 cups fresh broccoli florets and stems
- 2 cups chicken broth
- ½ teaspoon each thyme and garlic powder
- ¼ teaspoon each salt & black pepper
- 2 tablespoons flour
- 1 ½ cups [half and half](#) or light cream
- 1 cup shredded sharp cheddar cheese
- ⅓ cup parmesan cheese fresh

## Instructions

1. In a large saucepan or pot, cook butter, onion, and carrots over medium heat until onion softens (about 3 minutes). Add the broccoli, chicken broth, thyme, garlic powder, salt, and pepper. Simmer until broccoli is tender, about 8 minutes.
2. Remove 1 cup of vegetables, coarsely chop and set aside. Using an immersion blender, blend remaining vegetables and broth.
3. Place flour in a small bowl. Add in cream a little at a time stirring until smooth. Bring blended vegetable mixture to a boil and whisk in cream mixture. Continue whisking until thick and bubbly, about 3-4 minutes.
4. Remove from heat, stir in cheeses & reserved chopped vegetables and serve immediately.

## Notes

If using the broccoli stem, peel or cut off the tough outer end.

To make this soup vegetarian, replace chicken broth with vegetable broth.

## Nutrition Information

Calories: 333, Carbohydrates: 11g, Protein: 10g, Fat: 28g, Saturated Fat: 17g, Cholesterol: 94mg, Sodium: 560mg, Potassium: 377mg, Fiber: 2g, Sugar: 2g, Vitamin A: 4745IU, Vitamin C: 49mg, Calcium: 280mg, Iron: 0.9mg

(Nutrition information provided is an estimate and will vary based on cooking methods and brands of ingredients used.)

© SpendWithPennies.com. Content and photographs are copyright protected. Sharing of this recipe is both encouraged and appreciated. Copying and/or pasting full recipes to any social media is strictly prohibited. [Please view my photo use policy here.](#)

20 Minute Broccoli Cheese Soup <https://www.spendwithpennies.com/20-minute-broccoli-cheese-soup/>