

BROCCOLI LEEK SOUP

SERVES: 6 | SERVING SIZE: 1 cup | PREP: 20 minutes | READY: 1 hour

INGREDIENTS

Soup

- 3 tablespoons spreadable butter and oil blend (such as Challenge Spreadable Butter)
- 2 cups diced leeks (white and light green parts only)
- 3 cloves garlic, minced
- 4 cups (32 ounces) reduced-sodium chicken or vegetable broth
- 6 cups fresh broccoli florets
- 3 tablespoons cornstarch
- 3 tablespoons cold water
- 1 cup (3 ounces) freshly shredded extra-sharp cheddar cheese
- 1/2 cup freshly grated parmesan cheese
- 1/2 teaspoon kosher salt
- 1/2 teaspoon black pepper

Garnish

- 6 teaspoons freshly grated parmesan cheese
- 2 tablespoons minced fresh chives



DIRECTIONS

Heat butter and oil blend in a large pot over medium-low heat. Add leeks and garlic and sauté until leeks begin to soften; about 5 minutes. Add broth to pot, increase heat to medium-high, and let mixture come to a simmer. Add broccoli florets, reduce heat to medium-low, cover, and allow broccoli to cook until just fork tender; about 10 to 15 minutes.

Remove pot from heat, uncover, and allow mixture to cool slightly. With an immersion blender (or stand blender done in batches), blend soup until desired consistency. In a small bowl, stir together cornstarch and water until smooth and add to pot of blended soup. Heat soup over medium heat, stirring constantly, until it begins to simmer and thicken; about 5 minutes.

Remove soup from heat, add cheddar cheese and parmesan cheese (1/2 cup), and stir until smooth. Add salt and pepper and stir to combine.

To make parmesan crisps for the soup garnish, preheat oven to 400 degrees. Line a baking sheet with parchment paper. Using a teaspoon measuring spoon, place 1 teaspoon parmesan cheese on parchment paper, repeating 5 more times to yield 6 small mounds of parmesan cheese spaced 2 inches apart to allow for spreading. Bake for 3 to 5 minutes or until golden brown and crisp. Allow crisps to cool and harden before removing them from baking sheet. To serve, top each 1-cup serving of broccoli leek soup with 1 parmesan crisp and fresh chives.

NUTRITION INFORMATION PER SERVING

194 calories, 11 g total fat, 5 g saturated fat, 0 g trans fat, 26 mg cholesterol, 668 mg sodium, 14 g total carbohydrate, 3 g dietary fiber, 4 g total sugars, 0 g added sugars, 9 g protein, 0 mcg (0%) vitamin D, 257 mg (20%) calcium, 2 mg (10%) iron, 343 mg (8%) potassium

