

Easy Broccoli Cauliflower Soup Recipe

Prep Time: 5 minutes
Cook Time: 20-25 minutes

Difficulty Level: Easy
Servings: 7

Ingredients:

- 2 tablespoons extra virgin olive oil
- 1 medium yellow onion diced
- 2 large carrots chopped and diced into 1/4 inch pieces
- 1 clove of garlic minced
- 1 teaspoon thyme (fresh is best but dried works too)
- 1/3 cup whole wheat flour
- 3 cups of chicken stock (look for low sodium or make your own)
- 1 1/2 cup whole milk
- 1 medium head broccoli chipped into small pieces (about 1 1/2 cups)
- 1 medium cauliflower chopped into small pieces (about 1 1/2 cups)
- 1 teaspoon dijon mustard
- 1 1/2 cups shredded sharp cheese

Directions:

1. In a large pot heat the oil over medium heat to sauté onion and garlic. Once softened add carrots and cook for about 3 minutes.
2. Stir in thyme, sprinkle in flour over the onion sauté mix until combine. Cook until the flour disappears, about 2 minutes. Slowly stir in broth before adding milk and remaining vegetables. Cook until tender (about 10 minutes) stirring occasionally.
3. Add Dijon before using an immersion blender puree the soup until it is thick and creamy but still has some texture to it.
4. Salt and pepper to taste if needed.

Notes: