

BROCCOLI CHEESE SOUP

Serves 4 to 6

1 tablespoon grapeseed oil (or extra-virgin olive oil)
2 teaspoons minced garlic (2 cloves)
1 cup (150g) diced yellow onion
1 teaspoon sea salt, plus more to taste
1 cup (120g) cauliflower florets
3 cups (720ml) vegetable broth
4 cups (300g) roughly chopped broccoli florets
1 cup (110g) grated parmesan
1 cup (115g) grated sharp cheddar cheese
Freshly ground black pepper, plus more to serve

In a large saucepan, heat the oil over medium heat and sauté the garlic, onions, and 1/4 teaspoon of the salt for about 5 minutes, until the onions are soft and translucent. Add the cauliflower and vegetable broth, increase the heat to high, and bring just to a boil. Reduce the heat to medium and simmer covered for about 10 minutes, until the cauliflower is just tender.

Add the broccoli and the remaining 3/4 teaspoon of the salt. (The broth may not completely cover the vegetables but the broccoli will release liquid as it cooks.) Simmer for 3 to 5 minutes, just until the broccoli is al dente and still vibrant green. Be careful not to overcook.

Remove the saucepan from the heat and allow the soup to cool slightly; stir in the cheese. Pour the soup into your KitchenAid® blender in batches and puree on medium speed for 20 to 30 seconds, until the soup is blended but still rustic with speckles of Broccoli.

Return the soup to the saucepan and warm it over low heat. Season with salt and pepper to taste.

To serve, ladle the soup into bowls, and serve garnished with a sprinkle of black pepper.

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