

# Broccoli & Cheddar Soup

Yields: 6 servings

*A while back, I went into the commercial kitchen of a dairy restaurant to watch the chefs prepare some of their dishes...and was witness to the quantity of heavy cream that was used in each one. The soups definitely got their fair share, and of course they were delicious. But this soup (and the rest of them in this section) prove that making a delicious dairy and creamy soup doesn't require loads of cream.* -L.

- 1 Tbsp olive oil
- 1 onion, diced
- 1 garlic clove, crushed
- 16 oz frozen broccoli florets
- 1 potato, peeled and diced
- 4 cups vegetable broth
- 6 oz cheddar cheese, grated
- ¼ cup buttermilk (OR ¼ cup milk and 1 tsp vinegar)
- 1½ tsp kosher salt
  - pinch coarse black pepper

Parmesan Crisps:

- ¾ cup shredded or grated Parmesan cheese



1. Heat oil in a medium saucepan over medium heat. Add onion and garlic and sauté until onion is soft, 5-7 minutes.
2. Add broccoli, potato, and broth. Raise heat and bring to a boil. Lower heat and simmer for 7 minutes. Using an immersion blender, blend soup until smooth and creamy (if using a traditional blender, return soup to the pot after blending).
3. Stir in cheddar cheese and buttermilk. Stir until cheese is melted. Season with salt and pepper. Keep soup warm over low heat until ready to serve.
4. Prepare the Parmesan Crisps: Preheat oven to 375°F. Line a baking sheet with parchment paper. Spray parchment paper with 12 small circles of nonstick cooking spray. Scoop 1 tablespoon Parmesan cheese onto each circle and flatten into a round cracker shape. Bake for 8 minutes, until golden and crisp. Serve crisps alongside soup, or break up and sprinkle into soup bowl.



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