

## Panera Broccoli Cheese Soup

### Ingredients:

- 1/4 cup butter
- 1/2 cup diced sweet onion
- 1/4 cup gluten free flour blend
- 2 cups half-and-half or heavy cream
- 2 cups chicken broth, warmed
- 3 cups of chopped broccoli crowns
- 1 cup thinly sliced and chopped carrot
- 2 cups (8oz) freshly grated sharp cheese (don't use the bagged stuff)
- to taste salt and pepper
- Optional: nutmeg for sprinkling over the top.

### Directions:

1. Add butter and onions to the pan. Sauté until the onions begin to caramelize.
2. Stir in flour and cook out the flour for about a minute.
3. Whisk in the warmed chicken stock and bring to almost a boil
4. Reduce heat to low, then slowly add in the half and half (or cream) a little at a time so you don't drop your soup temp too much.
5. Add in your chopped broccoli and your sliced and diced carrots and cook for 20-25 minutes or until your broccoli is soft.
6. Taste your mixture and add salt and pepper.
7. At this point, you can use your immersion blender and blend up a cup or so of soup, but it's not necessary).
8. Take off the heat and add in all of your cheese. Stir well until completely melted and combined (If you do this step on the heat, your cheese and mixture may become grainy).
9. Taste your soup and add salt and pepper (I add 1 tsp salt and 1/2 tsp pepper to start then go up from there).
10. Ladle into bowls and garnish with a sprinkle of nutmeg.