



Organic Cheddar Broccoli and Carrot Soup

Servings

4

Calories

600

Prep Time

20 minutes

Total Time

40 minutes

Skill Level

Medium

Ingredients

2 (10 ounces) packages Mann's Organic Broccoli & Carrots

1 medium onion, chopped

1 teaspoon fresh garlic, minced

1 tablespoon parsley, dried

3 tablespoon extra virgin olive oil

3 tablespoon all purpose flour

5 cups whole milk

¼ teaspoon nutmeg powder

8 ounces sharp cheddar cheese, shredded

black pepper and salt to taste



The Method

Heat oil in a large saucepan over medium heat. Add onion, parsley and garlic and cook for 5 minutes until the onions and garlic are soft and aromatic. Add the flour and cook for 3 minutes on medium heat stirring constantly until the mixture is light brown.

Heat your milk by microwave or stovetop just until warm, and then add it slowly, stirring constantly so it doesn't clump. Cook for 6-8 minutes.

Add the Mann's Organic Broccoli & Carrots and the spices, and cook for an additional 15 minutes. Reduce heat to low, add the cheese, and stir until all the cheese melts and the soup is thickened.



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Nutrition Facts

Serving Size: 549g | Servings: 4

Amount Per Serving

Calories 600 | Total Fat 40g (sat 18g trans 0.5g) | Cholesterol 85mg | Sodium 650mg | Total Carbohydrate 34g | Dietary Fiber 4g | Sugars 20g (Includes 0g Added Sugars) | Protein 26g | Vitamin D 6% | Calcium 60% | Iron 10% | Potassium 20%