



Super-Naturally Healthy Fresh and Creamy Broccoli Cheddar Soup!

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Broccoli is a green super food that acts like a suit of armor shielding our bodies from the attacks of colon and breast cancer. Broccoli contains and releases powerful antioxidants like folic acid, potassium and vitamin C to help bolster our bodies' defense systems against debilitating diseases such as Alzheimer's, diabetes and arthritis. Enjoy this hearty and delicious soup made with one of God's supernaturally healthy foods; broccoli!

Ingredients: **Use organic ingredients as often as possible*

2 tablespoons butter
2 medium potatoes, *any type, peeled and diced*
½ cup finely diced celery
1 medium red onion, chopped
2 tablespoons all purpose, unbleached flour
1 - 14 ½ ounce low sodium chicken broth
1 ½ cups whole milk
½ cup heavy cream
3 cups chopped broccoli florets
2 cups grated Vermont sharp cheddar cheese
½ teaspoon freshly squeezed lemon juice
Celtic Sea salt, to taste
Freshly ground black pepper
Freshly ground nutmeg, *to taste*
Garnish with My Easy and Cheesy Parmesan Crisps!

Instructions:

In a large saucepan, melt the butter over medium heat. Add the potatoes, celery, and onion and cook for about 5 minutes, stirring constantly until tender. Next, add the flour and stir for two minutes on medium high heat. Gradually stir in the chicken broth, milk, and heavy cream. Bring to a boil and cook for about 5-10 minutes. Add the broccoli and cook until fork tender, about 5 minutes longer. Remove from heat and stir in the cheese. Add the lemon juice and season with Celtic sea salt and freshly ground black pepper. Mix well and serve hot. Garnish with freshly ground nutmeg and grated Parmeggiano Reggiano cheese. Enjoy! ♥

***Super-Naturally Healthy Tip!** *~ For a special gourmet presentation, serve with my Easy and Cheesy Parmesan Crisps. Wow, talk about "over the top" flavor!*

