

A Sutherland Belle

Roasted Broccoli, Garlic & Cheddar Soup

INGREDIENTS

- 1 pound broccoli florets, cut into small pieces
- 1 whole head garlic, top cut off
- 3-4 tablespoons extra virgin olive oil
- salt and pepper
- 1/3 cup butter
- 1 large yellow onion, chopped
- 1/3 cup all-purpose flour
- 2 cups good-quality chicken stock
- 3 cups half-and-half, (or whole milk)
- 1 teaspoon fresh cracked black pepper
- 1/2 teaspoon cayenne pepper, or more to your taste
- 1/2 teaspoon cracked black pepper, or more to your taste
- 1 teaspoon [Better Than Boullion Roasted Chicken Base](#)
- 1 teaspoon Dijon mustard or mustard powder
- 2 large carrots, peeled and grated (or 1 1/2 cups)
- 2 cups extra sharp cheddar cheese

INSTRUCTIONS

1. Preheat oven to 400°F.
2. Cut the broccoli into large bite-sized pieces and trim off the bottom of the stalk and place on a baking sheet. Cut top off garlic bulb and nestle into garlic.
3. Drizzle with olive oil and season with salt and pepper. Roast until the heads darken in places and the stalks are fork tender, 30-35 minutes. You may need to wrap the garlic in aluminum foil and cook for an additional 10-15 minutes or until garlic is tender.
4. Melt the butter in a large pot or Dutch oven over medium heat. Saute the onion until fragrant (about 3 minutes). Whisk in the flour and cook for a few minutes or until golden brown.
5. Reduce heat to medium-low and slowly pour in the chicken stock and half-and-half, stirring well to combine and dissolve the flour into the liquid. Season with salt and pepper, cayenne, mustard and bouillon. Mix well and allow to cook and thicken for about 5 minutes, while stirring occasionally.
6. Add in the broccoli and carrots and gently simmer for another 10 minutes, until broccoli falls apart tender. Reduce heat and mix in cheese and stir until just combined. Taste test and add in extra salt and/or pepper, if desired.