

# A Sutherland Belle

## Roasted Broccoli, Garlic & Cheddar Cheese Soup

### INGREDIENTS

- 1 pound broccoli florets, cut into small pieces (2 large or 3 medium bunches, plus more for topping)
- 1 whole head garlic, top cut off
- 4 tablespoons extra virgin olive oil (or more for coverage)
- 1/3 cup butter
- 1 large yellow onion, chopped
- 1/3 cup all-purpose flour
- 2 cups good-quality chicken stock (plus more for desired consistency)
- 3 cups half-and-half, (or whole milk)
- 1 teaspoon kosher salt
- 1 teaspoon fresh cracked black pepper
- 1/2 teaspoon cayenne pepper, or more to your taste
- 1 heaping teaspoon [Better Than Boullion Roasted Chicken Base](#)
- 1 heaping 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, trim off the bottom of the stalk, and place on a baking sheet. Cut the top off the garlic bulb and nestle it into the broccoli.
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 the 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 (reserve some for garnishing if desired), carrots, and pulp from garlic. Gently simmer for another 10 minutes, until broccoli falls apart tender. Reduce heat mix in cheese and stir until just combined.
7. Transfer 1-2 cups mixture to a blender. Blend to consistency and add back to the pot. Taste test and add in extra salt and pepper, if desired.