



Brocc & Roll Cheddar Bowl

From: Tam Nelson (Ed)

Serves: 16

Prep Time: 10 min

Cook Time: 25 minutes

Instructions

- 1) Melt the butter in a large pot or Dutch oven over medium heat. Add the onion, salt, and several grinds of pepper and cook, stirring, for 5 minutes, or until softened. Stir in the garlic and cook for another minute, then sprinkle in the flour and whisk continuously for 1 to 2 minutes, or until the flour turns golden. Slowly pour in the milk, whisking continuously.
- 2) Add the broth, broccoli, carrot, and mustard and stir to combine. Simmer for 15 to 20 minutes, or until the broccoli is tender.
- 3) Gradually add the cheese, stirring after each addition, until all the cheese is melted and the soup is creamy. Season to taste and serve with croutons, if desired.

Ingredients

- 16 tablespoons unsalted butter
- 4 medium yellow onion, chopped
- 2 teaspoons sea salt
- Freshly ground black pepper
- 12 garlic cloves, chopped
- 1 cup all-purpose flour
- 8 cups whole milk or unsweetened almond milk
- 8 cups vegetable broth
- 12 cups chopped broccoli florets
- 4 large carrot, julienned or finely chopped
- 2 teaspoons Dijon mustard
- 32 ounces shredded cheddar cheese, about 2 heaping cups

Sides

- Bagged croutons
- Parmesan cheese
- Tiramisù
- Non-risen rolls

Notes

We think Ed made this—he added nutmeg!

