Broccoli Cheese Soup
By Avie Rosacci
Yields 6 bowls

Ingredients:
3 Tbsp. grass fed butter
2 medium yellow onions; chopped
6 cloves garlic; minced
½ tsp. crushed red pepper flakes; optional
1¼ tsp. Kosher salt
Pinch of Black pepper (or more to taste)
2# broccoli, including stalks. (3 large steams and heads)
12 oz. russet potatoes; peeled and cut into 1" chunks
2 cups chicken bone broth
4 cups water
8 oz. shredded co-jack cheese
1 cup whole cream

Instructions:
Melt butter in large Dutch oven or stock pot over medium heat. Add the onion, garlic, crushed red pepper flakes, ½ tsp. salt and pepper. Stir to combine and continue to stir occasionally until the onions become translucent and just beginning to brown, about 10 minutes.

While onion mixture cooks, peel broccoli stalks with chef's knife or potato peeler, then chop the broccoli stems and set aside. Chop broccoli tops into ½" bits. Split the broccoli tops into 2 piles and set aside.

When onions are ready as instructed above, add potato and broccoli STEMS, remainder of the salt, chicken broth and water. Bring to a boil stirring often, then reduce heat to simmer for about 20-30 minutes, until potatoes and stems are tender.

Now add one half of the broccoli florets and cook another 5 minutes until the broccoli bits are soft. Remove from heat and allow to cool slightly. Now time to blend. If you have an immersion blender, blend until smooth. If not, you can use a blender, but blend in small batches. Return to pot and cook on medium and add the last of the broccoli florets and cream. Cook on low for a few minutes stirring often, then add the cojack cheese and stir until cheese is melted and soup is smooth. Heat through and add additional salt or pepper as desired.

- NOTE: Soup is a bit smoother if you use a blender, but we like the bits of potato and broccoli, so either blending type works based on your personal preference.

Nutrition estimate per serving:
Calories: 486 kcals - Protein: 20.8 grams - Carbohydrate: 36 grams - Fat: 31 grams