

# Creamy Broccoli Cheddar Soup

Total Cook Time: 30 minutes

Cook from Frozen

Meals are 3-4 servings

\*For 6-8 servings, cook 2 meals in the same pot and use the cooking instructions in the parentheses

## Prepare with (aka ingredients needed to prepare meal):

- 3 cups (5 cups)\* chicken broth
- 1/2 cup (1 cup)\* milk — may also use half and half or heavy cream
- 4 ounces (8 ounces)\* cream cheese
- Optional toppings and garnishes: croutons, shredded cheddar cheese, bacon

## Instant Pot Cooking Directions:

1. Locate the side bag with cheese and set aside to thaw.
2. Open meal and pop food into the pressure cooker pot. Add 3 cups (5 cups)\* of chicken broth.
3. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 5 minutes.
4. When pressure cooking is complete, use a quick release.
5. To a blender add 2-3 ladels of soup, shredded cheese, and 4 ounces (8 ounces) cream cheese. Blend until smooth (BE CAREFUL, IT WILL BE HOT). Pour back into the pot of soup.
6. Stir in 1/2 cup (1 cup)\* milk, half and half, or heavy cream. If soup is thicker than desired, add extra chicken broth.
7. Serve hot with desired toppings. Season with extra salt and pepper to taste.

## Slow Cooker Cooking Directions:

1. Add frozen meal to slow cooker. Add the said amount of liquid above. Cover and cook on LOW for 4-5 hours or HIGH for 2-3 hours, or until the vegetables are soft and will blend easily. Continue with steps 5-8.

## Leftover Suggestions:

- Broccoli Cheddar Mac & Cheese – Stir into cooked pasta with a little extra cheese.
- Baked Potato Topping – Spoon over a baked potato with bacon bits and chives.

## Notes:

- Stir in 1/8 teaspoon of nutmeg for a hint of warmth and subtle sweetness that makes this soup extra comforting

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 18g	<b>23%</b>	<b>Total Carbohydrate</b> 8g	<b>3%</b>
Saturated Fat 10g	<b>50%</b>	Dietary Fiber 3g	<b>11%</b>	
Trans Fat 0g		Total Sugars 2g		
<b>Cholesterol</b> 60mg	<b>20%</b>	Includes 0g Added Sugars	<b>0%</b>	
<b>Sodium</b> 690mg	<b>30%</b>	<b>Protein</b> 17g		
Vitamin D 0mcg 0% • Calcium 460mg 35% • Iron 1.1mg 6% • Potassium 240mg 6% Vitamin A 580mcg 60% • Vitamin C 49mg 50%				

4 servings per container  
**Serving size**  
**1 cup (168g)**  
**Calories per serving** **250**

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: BROCCOLI, CHEDDAR CHEESE (PASTEURIZED MILK, CHEESE CULTURE, SALT, ENZYMES, ANNATTO [COLOR]), CARROTS, SALT, ONION, SPICE, PAPRIKA

