

Broccoli Soup with Cheddar Cheese

PREP TIME 20 mins

TOTAL TIME 20 mins

SERVINGS 4 Servings

KITCHEN GEAR

- Cutting board
- Sharp knife (adult needed)
- Measuring cups
- Measuring spoons
- Medium-sized pot
- Slotted spoon
- Pot holders
- Blender (adult needed)

INGREDIENTS

- 4 cups low sodium chicken broth or vegetable broth
- 1 bag frozen broccoli
- 1/2 cup shredded cheddar cheese
- 1/2 teaspoon kosher salt
- 1 lemon, quartered

INSTRUCTIONS

1. Put the water in the pot and put the pot on the stove. Cover it, turn the heat to high, and bring the water to a boil (you'll know it's boiling when you see bubbles breaking all over its surface).
2. Add the frozen broccoli. (The water should cover the broccoli by about 1 inch. If it doesn't, add a little more water.) Put the lid mostly on, but leave a little opening for steam to get out, and cook until the water returns to a boil, about 3 minutes.
3. Remove the broccoli with the slotted spoon and put it in the blender. Put the top on tightly and blend until almost smooth.
4. Carefully add 2 cups of the hot broccoli liquid. Add the cheese and salt and put the top on tightly. Remove the cap from the center of the lid and hold a towel over the hole to allow steam to escape while blending, then blend until silky smooth, adding more broccoli liquid if you like.
5. Serve right away, and garnish each bowl with a lemon quarter for squeezing into the