

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 (6 cups)* chicken broth
- 1 cup (2 cups)* milk — may also use half and half or heavy cream
- 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 (6 cups)* of chicken broth.
3. Secure the lid and turn pressure release knob to a sealed position. Cook at high pressure for 8 minutes.
4. When pressure cooking is complete, use a quick release.
5. Open the bag with cheese and add to the soup.
6. Using an immersion blender or table top blender, blend until smooth. If a chunkier texture is preferred, take out a few scoops of broccoli and set aside before you blend. (BE CAREFUL, IT WILL BE HOT).
7. Stir in 1 cup (2 cups)* heavy cream, half and half, or milk.
8. Serve hot with desired toppings. Season with 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

4 servings per container

Serving size
1 cup (168g)

Calories
per serving **250**

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 18g	23%	Total Carbohydrate 9g	3%
Saturated Fat 10g	50%	Dietary Fiber 3g	11%
Trans Fat 0g		Total Sugars 2g	
Cholesterol 60mg	20%	Includes 0g Added Sugars	0%
Sodium 970mg	42%	Protein 17g	
Vitamin D 0mcg 0% • Calcium 460mg 35% • Iron 1.1mg 6% • Potassium 250mg 6% Vitamin A 540mcg 60% • Vitamin C 50mg 60%			

* 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]), ONION, CARROTS, ZUCCHINI, SALT, SPICE

CONTAINS: MILK