



A Nutrition Resource

BROCCOLI CHEESE SOUP

Pressure Cooker Recipe

Yield: 6 Servings | Serving Size: 1/2 Cup

Cost/serving: \$1.49

Ingredients:

- 2 tablespoons olive oil
- 2 cloves garlic, minced (1 Teaspoon garlic powder)
- 1/2 cup white onion, diced
- 4 cups vegetable broth
- 1 cup shredded carrots
- 3-4 cups broccoli florets (fresh or frozen)
- 1/4 Teaspoon salt
- 1/4 teaspoon red pepper flakes
- 1/4 cup cornstarch
- 2 cups milk
- 2 cups shredded cheddar cheese

Directions:

- 1) Prepare vegetables before starting any other steps.
- 2) Mince garlic. dice onions, shred carrots, chop broccoli.
- 3) Set pressure cooker to saute function, heat oil in pot and add onion and garlic.
- 4) Saute until onion begins to soften and become fragrant.
- 5) Cancel saute function and add vegetable broth, deglaze pot with broth if necessary.
- 6) Add carrots, broccoli, salt, pepper, and red pepper flakes.

Nutrition Facts

6 servings per container

Serving size 1/2 Cup (406g)

Amount Per Serving

Calories 320

% Daily Value*

Total Fat 20g 26%

Saturated Fat 9.5g 48%

Trans Fat 0.45g

Cholesterol 45mg 15%

Sodium 960mg 42%

Total Carbohydrate 21g 8%

Dietary Fiber 4g 14%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 14g 28%

Not a significant source of vitamin D, calcium, iron, and potassium

*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.



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- 7) Pressure cook for 1 minute.
- 8) Meanwhile, combine cornstarch and water to dissolve the cornstarch
- 9) After pot has finished pressure cooking for 1 minute, quick release the pressure.
- 10) Slowly stir in cornstarch/ water mixture to help thicken the soup.
- 11) Slowly stir in milk and add shredded cheese a small bit at a time to allow the cheese to melt (If additional heat is needed in order to melt the cheese, press the saute button again to increase the heat.)

Please be aware that pressure cooker designs and functionalities vary across different brands and models. As a result, the instructions provided in this recipe may not be universally applicable. Users should consult their specific pressure cooker's manual to ensure proper usage and safety. Montana State University Extension does not endorse any specific brand or model, nor does it assume responsibility for any damages or injuries resulting from the use of a pressure cooker.

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