

## For the love of instant-pot

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### *Broccoli and cheddar soup*

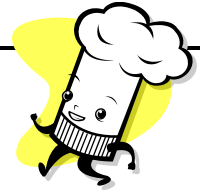
Servings: 6

#### Ingredients:

1 Tbsp	Olive Oil
1 Medium	Onion, diced
2	Celery, diced
2-3	Carrots, grated or diced
4 cups	Broccoli, coarsely chopped (about 2 heads)
3 cups	Low sodium chicken or beef broth
¼ cup	Flour
¼ cup	water
2 cups	1% Milk
1 cup	Grated sharp cheddar
2 Tbsp	Parmesan cheese

#### Directions:

1. Turn instant pot to sauté function and set timer to 6 minutes. Once display reads HOT add olive oil and onions and sauté for 3 minutes. Then add celery, broccoli and carrots and continue to sauté for another 3 minutes.
2. While instant pot is keeping things warm mix water and flour in a small bowl and whisk together; it should be almost like glue. Set this mixture aside
3. Press cancel and then select pressure cook setting and set timer for 2 min. Add the 3 cups of broth and then place lid on and put in sealed position and then press start.
4. While instant pot is coming to temp and cooking, grate cheddar cheese and set aside.
5. When timer beeps to indicate it's finished cooking let the pot sit for 5 min and then hit quick release button using a wooden spoon to prevent getting burned with hot steam.
6. Take 1 cup of broth from the instant pot and add to the flour water mixture and stir until smooth again and then stir into soup. Stir in milk, and cheeses and continue to stir until cheeses are melted.



*Suggestions:*

This soup is thick and creamy and full of flavor.

Add chicken or egg salad sandwich on the side.

I had a leftover chicken leg with it and a whole wheat pita.