



*Recipe developed by Chef Paige Vondran*

## BROCCOLI CHEDDAR SOUP

	Ingredients	Exchanges
Heavy Cream	60 gm	
Protein	28.1 gm cheddar cheese	3.7 (-5.55 gm fat)
Fat	15 gm butter, softened	3
	----- 9.5 gm mayonnaise	----- 3 (-5.55 gm)
Carbohydrate	13.7 gm chopped broccoli, from frozen	1.3
Other	Salt, pepper, onion powder	

### DIRECTIONS

- Pour the weighed heavy cream in a small pot.
- Begin warming over medium heat.
- Add the mayonnaise, butter, and cheddar cheese.
- Stir to combine ingredients.
- Season with a dash of salt, pepper, and onion powder for flavor.
- Cook for 5-10 minutes, stirring often.
- Add the chopped broccoli and stir to combine.
- Cover with a lid and cook for an additional 5 minutes.
- Serve warm.

### VARIATIONS

- Vegetables such as zucchini, spinach, or cauliflower could also be used.
- Other cheeses can be used such as Colby jack, mozzarella, or Muenster.
- Animal proteins can be added such as shredded chicken or ground beef.
- Smart Balance® can be used in place of butter by adjusting to the correct gram amount.
- Vegemise® can be used in place of mayonnaise by adjusting to the correct gram amount.