JENNI MARIE'S TEST KITCHEN

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Cheesy Vegetable Soup

Makes 1.5 quarts (48 oz.) / Meal - serves 5 / Starter - serves 8

Equipment Needed:

- **Dutch Oven**
- **Kitchen Scale**
- **Cheese Grater**
- **Mixing bowls**
- **Pourable Measuring Cups**
- **Wooden Spoon & Silicone Whisk**
- **Measuring Spoons**
- **Immersion Blender**
- **Cutting Board & Chef's Knife**

Directions:

1.) Measure and fine chop the following vegetables, and set aside.

- ***1.5 C. (170g.) Chopped Cauliflower***
- ***1.5 C. (170g) Chopped Broccoli Florets***
- ***1 C. (112g.) Fine Chopped Carrot***
- ***1 C. (112g.) Fine Chopped Celery***
- ***1/2 Medium Onion Fine Chopped (omit if cooking low FODMAP)***

2). In a small bowl, combine the following ingredients, mix well, and set aside.

- ***3 T. All-purpose Flour (sub w/ GF flour blend)***
- ***1/2 t. Black Pepper***
- ***1/4 t. Kosher Salt***
- ***1/4 t. Low FODMAP Onion Replacer (omit if using an onion in step 1)***
- ***1 T. Low FODMAP Garlic Replacer (or 1 t. garlic powder)***
- ***1/4 t. Italian Seasoning***

3). Measure out chicken broth and heavy cream. Set aside.

- ***4 C. (900ml.) Low Sodium Chicken Broth (I use Better than Bouillon & adjust the water to base ratio)***
- ***1 C. Heavy Cream (sub w/ lactose free whole milk – may need to thicken soup w/ cornstarch slurry in step 7)***

4). Measure and grate cheeses. Set aside.

- ***8 oz. (224g.) Freshly Grated Sharp Cheddar***
- ***2 oz. (56g.) Fresh Grated Parmesan***

5). Have the following ingredients nearby and ready to add in step #7.

- ***2 t. Granulated Sugar***
- ***1/4 C. (28g.) Cheddar Powder***
- ***2 T. Fresh Chopped Parsley***
- ***2 T. Fresh Chopped Chives***
- ***2 T. Cream Cheese (optional)***

6). Heat a Dutch oven over medium high heat. When pan is nice and hot, drop in your cooking oils, immediately followed by chopped veggies. Sauté for 5-7 minutes, stirring frequently until they start to soften up nicely. Once vegetables begin to soften, add 2 t. dijon mustard and stir well. Next, sprinkle in the spice/flour mixture from step 2, and stir constantly for about 1 minute before adding the chicken broth. Bring to a boil and reduce heat to medium. Let simmer uncovered for 15-20 minutes, stirring occasionally.

- ***3 T. (42g.) Butter***
- ***2 T. Low FODMAP Onion Oil (sub with regular olive oil)***
- ***2 t. Dijon Mustard***

7). After the 15-20 minute simmer, reduce heat to medium low, add 1/2 C. water, 2 t. sugar, and stir for a minute to let the sugar dissolve. Whisk in 1/4 C. (28g.) cheddar powder and 1 C. heavy cream. Bring back to a light simmer and begin adding the shredded cheddar & parmesan 1/3 at a time, whisking constantly until fully melted and incorporated. Repeat until all the cheese is added. Break up the cream cheese into smaller chunks and drop it in. Whisk until fully melted and incorporated. Remove from heat and carefully use an immersion blender to process some of the vegetables even further (this step is optional). Add 1 T. fresh chopped parsley & 2 T. fresh chopped chives, and give it one last stir. Optionally, you can garnish with bacon crumbles, fresh chives, and a dollop of sour cream. Serve with warm buttered bread. Enjoy!