

SMOKED GOUDA & BROCCOLI SOUP

Pureed vegetables in soup add a creamy texture without all the saturated fat of a cream-based soup.

INGREDIENTS

- 1 ½ pounds broccoli crowns (2 medium)
- 2 tablespoons extra-virgin olive oil, divided
- 1 cup chopped sweet onion
- 2 cloves garlic, smashed and peeled
- 1 tablespoon all-purpose flour
- ⅛ teaspoon smoked paprika
- 4 cups low-sodium chicken broth
- 2 cups cubed rye bread (1/2-inch pieces)
- 1 cup shredded smoked Gouda cheese
- 2 teaspoons white-wine vinegar
- ½ teaspoon salt
- ½ teaspoon ground white pepper

DIRECTIONS

STEP 1

Cut 1 1/2 cups bite-size broccoli florets and set aside. Coarsely chop the remaining broccoli.

STEP 2

Heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and cook, stirring occasionally, until soft. Add garlic and cook, stirring, for 30 seconds. Add flour and paprika; stir to coat. Add broth and coarsely chopped broccoli. Bring to a boil over high heat then reduce to a gentle simmer and cook. Stir occasionally until the broccoli is tender.

STEP 3

Meanwhile, make croutons: Toss bread with the remaining 1 tablespoon oil in a large skillet. Cook over medium heat, stirring occasionally, until browned and crisp, about 10 minutes. Transfer to a bowl.

STEP 4

Puree the soup in batches using a blender or use an immersion blender. (Use caution when pureeing hot liquids!) Return soup to the pan over low heat. Gradually add cheese, stirring constantly until it melts before adding more. Stir in the reserved broccoli florets. Cook until they are bright green, 2 to 3 minutes. Stir in vinegar, salt and white pepper. Serve hot, topped with the croutons.



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NUTRITION FACTS

Serving Size: 1 1/2 cups soup & 1/4 cup croutons
Per Serving: 316 calories; protein 17.5g; carbohydrates 30.9g; dietary fiber 6.5g; sugars 6.2g; fat 15.7g; saturated fat 5.4g; cholesterol 24.2mg; vitamin a iu 1217.3IU; vitamin c 155.3mg; folate 157.1mcg; calcium 267.3mg; iron 2.7mg; magnesium 58mg; potassium 873.3mg; sodium 723.1mg.