



Instant Pot Broccoli Cheddar Soup

Active Time: 10 minutes | **Total Time:** 1 hour | **Serves:** 6

Nutrition Information Per Serving

317.7 calories, 5.76 g carbohydrate, 0.88 g fiber, 4.88 g NET carbs, 11.18 g protein, 28.64 g fat

Ingredients

- 3 cup(s) Pacific Organic Bone Broth (Chicken)
- 2 clove(s) garlic, minced
- 1/2 small(s) yellow onion, diced
- 4 ounce(s) organic cheddar cheese
- 1 cup organic heavy cream
- 4 Tbsp(s) grass-fed butter
- 1/2 tsp(s) sea salt
- 2 cup(s) broccoli florets
- 2 medium(s) organic carrots, diced
- 2 stalk(s) organic celery, diced
- 1/2 tsp(s) mustard powder

Preparation

1. Add the butter to the Instant Pot. Turn to Saute.
2. When the butter has melted, add the garlic, onion, carrot and celery. Cook, stirring for 5 minutes.
3. Add the broccoli and cook 3 more minutes. Pour in the broth, sea salt and mustard powder. Close and lock the lid. Turn to HIGH pressure and cook 1 minute.
4. When the time is up, allow the pressure to naturally release.
5. Open the lid, turn the Instant Pot to Saute and add the cream. Whisk in the shredded cheese a little at a time.
6. Remove from heat and blend to a creamy consistency using an immersion blender or high powered blender.
7. Serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.