



Instant Pot Broccoli Cheese Soup

Active Time: 5 minutes | **Total Time:** 30 minutes | **Serves:** 12

Nutrition Information Per Serving

532.6 calories, 5.98 g carbohydrate, 2.15 g fiber, 3.83 g NET carbs, 27.54 g protein, 45.38 g fat

Ingredients

- 2 pound(s) fresh broccoli florets
- 1/2 medium(s) onion, diced
- 2 clove(s) garlic, minced
- 4 cup(s) chicken broth
- 1 tsp mustard powder
- 1 tsp sea salt
- 1 tsp black pepper
- 1/4 tsp(s) red pepper flakes
- 2 cup(s) heavy cream
- 33 ounce(s) grated cheddar cheese
- 1 1/2 cup(s) shredded Monterey jack cheese

Preparation

1. Add the broccoli, onion, garlic, chicken broth, mustard, salt, pepper, and red pepper flakes to the Instant Pot.
2. Close and lock the lid. Set the vent to sealing. Set the pressure to HIGH and the time to 5 minutes.
3. When the time is up, let the pressure release naturally for 5 minutes.
4. Use an immersion blender to blend the soup to a smooth consistency. Alternatively, carefully blend in a blender in batches.
5. Set the Instant Pot to Sauté. Add the cream and cheeses to the soup. Stir until smooth and creamy.
6. 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.