



## 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.

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