

## Recipe

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# Cheesy Broccoli & White Bean Soup

Serves 6

*This hearty soup highlights the dynamic duo of Plants + Dairy: onion, carrot, beans and broccoli + milk and cheese. You can puree the soup to serve it smooth and creamy; puree just half for a delectable combination of creamy and chunky; or serve as is with wonderfully varied vegetable textures. Your choice! And, if you want to spice things up, add a few pinches of cayenne pepper.*

## Ingredients

- 1 tablespoon extra virgin olive oil
- 1 small yellow onion, cut in half, peeled, and cut into thin half-moon slices
- 1 clove garlic, minced
- One 16-ounce bag frozen broccoli florets, thawed
- One 15-ounce can cannellini or butter beans, drained and rinsed
- 1 medium carrot, peeled and shredded on large holes of a box grater (about ½ cup)
- 2 cups 2% reduced-fat milk
- 2 cups all-natural vegetable broth
- 1 tablespoon Dijon mustard
- 1 cup reduced-fat shredded Cheddar cheese
- 2 tablespoon chopped fresh tarragon, plus more to taste
- Zest of half a lemon, plus more to taste
- Pinch red pepper flakes, plus more to taste
- Kosher salt and black pepper
- Optional Toppers: Croutons, shredded cheese, plain Greek yogurt, chopped herb





## Instructions

1. Heat oil in a saucepan over medium-low heat. Add onion and cook, stirring frequently until softened, about 4 minutes. Add garlic and cook, stirring constantly, until golden and fragrant, 30 to 60 seconds.
2. Add broccoli, beans, carrot, milk, broth, and mustard. Cover, and bring to a low boil. Reduce heat and simmer, uncovered, until broccoli is tender, about 10 minutes. Add cheese and tarragon and stir until cheese melts.
3. Blend: Use a hand blender or carefully transfer half the soup (about 3½ cups) into a blender. Remove the center piece of blender lid to allow steam to escape. Secure the lid on the blender and place a folded paper towel over the opening in the lid to avoid splatters. Blend until smooth. Return the pureed soup to the pot. Add a few tablespoons of water or milk to the blender, swirl around to loosen remaining soup from the sides of the blender and transfer back into the pot.
4. Season with lemon zest, red pepper flakes, salt and pepper and additional herbs as desired.
5. Serve in individual bowls with optional toppers. Consider setting out a 'Topping Bar' to let everyone pick and choose their favorite toppers.

## Nutrition Information

Per serving (1 generous cup)  
235 calories, 7.5g total fat, 3g saturated fat, 285mg sodium,  
29g carbohydrate, 6.5g fiber, 15.5g protein, 22% DV calcium,  
16% DV potassium