

Broccoli-Cheddar Soup

Ingredients

20 ounce frozen broccoli*

½ cup butter**

1 medium onion

½ cup flour***

Salt to taste

Pepper to taste

2 cups milk**

2 (13-3/4 oz) cans chicken broth

1-1/2 cup grated cheddar cheese**



*limit to ½ cup for moderate-FODMAP; do not use recipe for Low-FODMAP

**use lactose-free margarine, lactose-free milk, and limit cheese if intolerant to lactose

***use gluten-free flour if intolerant to gluten

Cook broccoli according to package directions and drain. Set aside. Sauté onions in butter. Stir in flour. Cook 5 minutes. Add milk slowly, continually stirring. Stir in grated cheese, blend until smooth. Slowly blend in chicken broth. Add broccoli. Season with salt and pepper. Simmer at least 15 minutes longer for thick soup.