

Auntie Joy's

Creamy Broccoli and Cheddar Soup (gf)



Recipe by Joy Rollston

Ingredients

- 1 tbsp salted butter
- 1 large yellow onion, diced
- 2 large carrots, peeled and diced
- 2 cloves garlic, minced
- 1 Stalk celery, diced
- 1/4 cup gluten-free Flour
- 1/2 tsp smoked Paprika
- 1 gf Vegetable stockpot
- 4 cups hot water
- 4 cups chopped broccoli
- 2 cups milk
- 1 lb smoked rindless bacon
- 4oz Cheddar cheese
- 1/2 tsp garlic pepper
- Runny honey

Method

1. Melt the butter in a large heavy bottomed saucepan over a medium heat.
2. Add the chopped onion, carrot and celery and cook for 10 minutes, stirring frequently.
3. Add the garlic and continue to cook over a medium heat for approx 1 minute.
4. Add the smoked paprika and flour and cook for a further minute, stirring until the vegetables are coated with the flour.
5. Dissolve the gf vegetable stockpot in hot water.
6. Add the broth and broccoli and bring to a simmer, for 8-9 minutes until softened.
7. Cut bacon into small chunks and fry in a pan over medium heat. When the bacon is browned, cut into small chunks. Transfer until a plate covered with some kitchen roll.
8. Add the milk and cook over low heat until the soup is warmed.
9. Add grated Cheddar cheese and stir until melted, **BE CAREFUL NOT TO TURN THE HEAT UP TO HIGH OR THE MILK WILL CURDLE.**
10. Sprinkle garlic pepper to taste (no need to add salt as the Cheddar Cheese will the substitute).
11. Continue to stir until well combined.
12. When soup is cooked, take it off the heat. Using a stick blender gently blend the soup.
13. Serve Soup with some cooked crispy bacon and a swirl of runny honey.