



Broccoli Cheddar Soup Pasta

PREP TIME: 10 minutes | **COOK TIME:** 25 minutes | **TOTAL TIME:** 35 minutes

Difficulty: Easy

Servings: 8

BY ERICA GAMBOA



Velvety, creamy and cheesy broccoli cheddar soup meets pasta! This is a delicious spin on the classic broccoli cheese soup. By adding your favorite pasta noodles, it makes a yummy and satisfying one pot meal for lunch or dinner. If you're a fan of the soup, you will LOVE this pasta. It's a family favorite for all ages and loaded with lots of veggies for an all around feel good and comforting meal your family will love you for preparing.

Ingredients

- 4 cups fresh broccoli, washed and drained, stems cut off
- 1 large white onion, chopped into medium sized pieces
- 2 cups shredded carrot, a bag of pre-shredded carrots works great
- 3 large garlic cloves, minced
- 1 1/2 cups whole milk
- 1 cup chicken broth
- 3 tbs half & half or heavy whipping cream (for a richer sauce)

- 1 lb. of pasta, any scoop-able shaped pasta of choice
- 8 oz sharp cheddar cheese, shredded by hand (not pre-shredded)
- 1 tbs olive oil
- 2 tbs butter
- 2 tsp chicken bouillon seasoning
- 2 tsp garlic powder
- Salt & pepper taste

Directions

PREPARE THE PASTA

- 1 Fill a large pot with water and bring to a boil over medium high heat.
- 2 When the water has come to a rolling boil add a good palmful of salt to the water and stir.
- 3 Add the pasta and cook until al dente, just two minutes under cooked according to the box instructions approx. 11 minutes. *Making sure not overcook the pasta check the pasta once or twice.

PREP THE VEGGIES

- 1 While the pasta is cooking, rinse and drain the shredded carrots and set aside in a bowl until ready to use.
- 2 Rinse and drain the broccoli and cut the florets off from the stems. Place florets in a bowl and set aside. If the florets are too big, they can be cut in half depending on their size. You do want good texture in the pasta soup, so do not cut the florets too small. Save the broccoli stems for another recipe or discard.
- 3 Chop the onion into medium sized pieces.
- 4 Mince the garlic cloves.

PREPARE THE SAUCE

- 1 Preheat a large sauté pan over medium high and add the olive oil.
- 2 Add chopped onions and sauté for two minutes or until translucent
- 3 Add carrots, garlic, butter and season to taste with salt and pepper. Sauté for two more minutes.
- 4 Add broccoli florets and combine well with the rest of the ingredients.
- 5 Add chicken broth, milk, chicken bouillon, garlic powder, and simmer covered on medium low heat while the pasta cooks.
- 6 While the sauce simmers and the pasta cooks, shred the cheddar cheese and set aside until the sauce has thickened slightly.
- 7 Add the cheese to the slightly thickened sauce and combine well.

COMPLETE THE DISH

- 1 Drain the pasta and add it to the sauce.
- 2 Gently fold the pasta into the sauce and cover the pan and cook over medium heat for another 5 minutes.
- 3 Uncover and fold in the half and half or heavy whipping cream until well combined. Cook uncovered for another 5 minutes.
- 4 Serve immediately, in a bowl and sprinkle with parmesan cheese if desired.

TIPS

Why you should shred your own cheese versus using pre shredded store bought cheese.

Take the time to shred your own cheese, it makes all the difference in your sauce.

Pre-grated cheese contains preservatives like potato starch and natamycin which is meant to keep the shreds from clumping together in the bag. That also means they don't melt together as well when cooking. For the creamiest and smoothest result, it is always best to shred your own cheese. It's worth the extra effort.

Suggestions:

Kick this recipe up a notch.

This broccoli cheddar pasta makes a great baked casserole. On occasion, if I have extra time, I like to finish this dish in the oven. I place the pasta into a greased casserole dish and I prepare a cheesy crumb topping and sprinkle it over the top.

I bake it at 375 degrees just until golden and bubbly. This really takes the recipe to another level. This crumb topping is so easy to make, mix bread crumbs, parmesan cheese and little melted butter until it comes together like the consistency of sand.

Sprinkle it over the top and bake, it gives this dish the most delicious cheesy and crunchy finish.

Nutrition Information

Calories per serving: 400

Servings: 8

Nutrition Facts	
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Amount per serving	
Calories	400
% Daily Value*	
Total Fat 18.1g	23%
Saturated Fat 9.6g	48%
Cholesterol 85mg	28%
Sodium 956mg	42%
Total Carbohydrate 42.5g	15%
Dietary Fiber 2.5g	9%
Total Sugars 5.4g	
Protein 17.8g	
Vitamin D 24mcg	121%
Calcium 317mg	24%
Iron 3mg	16%
Potassium 522mg	11%
<small>*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.</small>	