

# Smoked Gouda-Broccoli Soup



Smoked paprika and smoked Gouda give this broccoli-and-cheese soup recipe a double hit of smoky flavor. If you can't find smoked Gouda, smoked Cheddar gives delicious results as well.

**Active:** 40 mins

**Total:** 40 mins

**Servings:** 4



## Ingredients

- 1 ½ pounds broccoli crowns (2 medium)
- 2 tablespoons extra-virgin olive oil, divided
- 1 cup chopped sweet onion
- 2 cloves garlic, smashed and peeled
- 1 tablespoon all-purpose flour
- ⅛ teaspoon smoked paprika
- 4 cups low-sodium chicken broth
- 2 cups cubed rye bread (1/2-inch pieces)
- 1 cup shredded smoked Gouda cheese
- 2 teaspoons white-wine vinegar
- ½ teaspoon salt
- ½ teaspoon ground white pepper

## Directions

Cut 1 1/2 cups bite-size broccoli florets and set aside. Coarsely chop the remaining broccoli.

Heat 1 tablespoon oil in a large saucepan over medium heat. Add onion and cook, stirring occasionally, until soft, about 5 minutes. Add garlic and cook, stirring, for 30 seconds. Add flour and paprika; stir to coat. Add broth and the chopped broccoli. Bring to a boil over high heat. Reduce to a gentle simmer and cook, stirring occasionally, until the broccoli is tender, 8 to 10 minutes.

Meanwhile, make croutons: Toss bread with the remaining 1 tablespoon oil in a large skillet. Cook over medium heat, stirring occasionally, until browned and crisp, about 10 minutes. Transfer to a bowl.

Puree the soup in a blender, in batches if necessary, or use an immersion blender. (Use caution when pureeing hot liquids.) Return the soup to the pan over low heat. Add cheese a little at a time, stirring constantly until it melts before adding more. Stir in the reserved broccoli florets. Cook, stirring occasionally, until they are bright green, 2 to 3 minutes. Stir in vinegar, salt and white pepper. Serve hot, topped with the croutons.

## Nutrition Facts

**Serving Size:** 1 1/2 cups soup & 1/4 cup croutons

**Per Serving:** 316 calories; protein 17.5g; carbohydrates 30.9g; dietary fiber 6.5g; sugars 6.2g; fat 15.7g; saturated fat 5.4g; cholesterol 24.2mg; vitamin a iu 1217.3IU; vitamin c 155.3mg; folate 157.1mcg; calcium 267.3mg; iron 2.7mg; magnesium 58mg; potassium 873.3mg; sodium 723.1mg.

**Exchanges:** 3 vegetable, 1 1/2 fat, 1 starch, 1/2 high-fat protein

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