



**GREEN
CHEF**

CREAMY BROCCOLI & POTATO SOUP

carrots, sharp cheddar cheese, ciabatta croutons

COOK TIME

40 MIN

SERVINGS

2

CALORIES PER SERVING

820

MENU

VEGETARIAN

Tonight's made-from-scratch soup is a take on a childhood favorite: broccoli cheddar. Tender potatoes, carrots, and onion simmer in a rich vegetable broth seasoned with rosemary, basil, and sage. After stirring in cream cheese and milk, you'll add broccoli and simmer it until everything is perfectly tender. Sharp cheddar gives the soup its signature flavor and makes it even more hearty. Ladle the soup into bowls and top with even more cheddar, plus oven-toasted ciabatta croutons.

INGREDIENTS (11 ITEMS)

12 oz **Yellow potatoes**
1 whole **Yellow onion**
1 whole **Ciabatta bread** W
6 oz **Broccoli**
4 oz **Carrots**
1 tbsp **Flour** W
2 whole **Vegetable stock concentrates**
2 tsp **Rosemary, basil & sage blend**
1 oz **Cream cheese** M
8 oz **Milk** M
2 oz **Sharp cheddar cheese** M

WHAT YOU'LL NEED

large pot with lid
baking sheet
medium bowl
measuring cup & spoons
oven mitt
cooking & olive oils
1 tbsp butter M
salt & pepper

ALLERGENS

W WHEAT
M MILK



If you ordered the 4-serving version of this meal, refer to the guidelines in Step 1.

GREEN CHEF IS PROUD to be a USDA Certified Organic company. All produce and eggs are organic unless otherwise labeled.

Wash and dry fresh produce. Go to greenchef.com/faq for safe cooking guidelines and to learn more about food allergens. Questions? Contact us at (888) 236-7295.

1

PREP

- Preheat oven to 425 degrees.
- Small dice **yellow potatoes*** into pieces, about ¼ inch each.
- Cut ends off **yellow onion** and discard peel. Halve lengthwise; save one half for another use. Small dice remaining half into pieces, about ¼ inch each.
- Medium dice **ciabatta bread** into pieces, about ½ inch each.
- Cut **broccoli** into bite-size pieces if necessary.

**The ingredient you received may be a different color.*

4

If you ordered the 4-serving version of this meal, modify this recipe by doubling the measurements (where it makes sense) and using bigger pots, pans, and bowls.

2

START SOUP

- Heat 1 tablespoon butter and about 1 tablespoon cooking oil in a large pot over medium-high heat. Stir until butter has melted. Add **potatoes, carrots, and onion** to hot pot. Season with about ¼ teaspoon salt and a pinch of pepper. Cook 3–4 minutes, or until potatoes are lightly browned, stirring occasionally.
- Sprinkle **flour** over **veggies**. Stir to combine. Cook 2–3 minutes, or until flour is lightly browned, stirring frequently.
- Add about 2¼ cups water and **vegetable stock concentrates**. Season with about half the **rosemary, basil, and sage blend**, about ½ teaspoon salt, and about ¼ teaspoon pepper. Stir to combine. Bring to a boil, then reduce heat to medium low. Cook 10–12 minutes, or until potatoes are fork-tender and broth has reduced by about half, stirring occasionally.

3

MAKE CROUTONS

- Place **ciabatta** in a medium bowl. Drizzle with about 2 tablespoons olive oil. Season with remaining **rosemary, basil, and sage blend**, salt, and pepper. Toss to coat.
- Spread **ciabatta** out in a single layer on a lightly oiled, foil-lined baking sheet. Toast 5–7 minutes, or until lightly browned.

4

FINISH SOUP

- Increase heat on pot to medium. Add **cream cheese** and **milk**. Stir until cream cheese is incorporated. Bring to a simmer.
- Add **broccoli**. Cover pot with lid. Cook 6–8 minutes, or until broccoli is tender, stirring occasionally.
- Remove pot from heat. Add about half the **sharp cheddar cheese**. Season with about ¼ teaspoon salt and a pinch of pepper.* Stir until cheese melts and is fully incorporated.

**Taste the soup after seasoning and adjust as needed. Adding salt and pepper throughout the cooking process is key to a delicious dish.*

5

PLATE YOUR DISH

- Divide **creamy broccoli and potato soup** between bowls. Garnish with remaining **cheddar cheese** and **ciabatta croutons**. Enjoy!



Nutrition Facts

2 Servings per container

Serving size (615g)

Amount per serving

Calories 820

	% Daily Value*
Total Fat 41g	53%
Saturated Fat 14g	70%
Trans Fat 0g	
Cholesterol 60mg	20%
Sodium 2040mg	89%
Total Carbohydrate 89g	32%
Dietary Fiber 8g	29%
Total Sugars 18g	
Includes 3g Added Sugars	6%
Protein 24g	
Vitamin D 1mcg	6%
Calcium 552mg	40%
Iron 8mg	45%
Potassium 779mg	15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

All ingredients in this recipe:

Broccoli, Sharp Cheddar Cheese [part-skim milk, cheese cultures, salt, enzymes, annatto, anti caking agent (potato starch powdered cellulose, natamycin)], **Yellow Potatoes, Milk** [reduced fat milk, vitamin A palmitate, vitamin D3], **Vegetable Stock Concentrate** [vegetable juice concentrates (tomato, mushroom, onion, carrot, celery), sugar, maltodextrin, salt, yeast extract, and natural flavor], **Yellow Onion, Carrots, All-Purpose Flour** [wheat flour, enzyme added for improved baking, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid], **Cream Cheese** [cultured pasteurized skim milk and cream, whey protein, milk proteins, less than 2% salt, inulin (natural dietary fiber), natural acids, xanthan, locust bean and guar gums, potassium sorbate (maintains freshness)], **Ciabatta Bread** [unbleached, unbromated, enriched flour (wheat flour, malted barley flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid), water, olive oil, salt, cultured wheat flour, dough conditioner (wheat flour and enzymes), yeast, barley flour], **Rosemary, Basil & Sage Blend** (Ground Rosemary, Dried Sage, Italian Seasoning [basil, rosemary, marjoram, oregano, thyme], Dried Basil, Granulated Garlic, Onion Powder)

Allergen information:

Contains Wheat And Milk

Allergens may be reflected in pantry items listed in the “What You’ll Need” section of the recipe card.

Manufactured on equipment that processes products containing egg, fish/shellfish, milk, sesame, soy, peanuts, and tree nuts.