

KETO BROCCOLI CHEESE SOUP

Serves: 2
Prep Time: 10 Minutes
Cook Time: 20 Minutes
Total Time: 30 Minutes

INGREDIENTS

- 2 cups broccoli
- 3 cups chicken broth
- 1 onion
- 1 cup heavy cream
- 6 oz. cream cheese
- 1 tablespoon hot sauce
- 3 tablespoons butter
- 1 clove garlic
- 6 oz. cheddar cheese

DIRECTIONS

1. In a saucepan melt butter, add onion, garlic and sauté until soft
2. Pour in heavy cream, chicken broth, stir in broccoli
3. Cover and continue cooking for 12-15 minutes

- 4. Add cheese and cook until melted**
- 5. Stir in hot sauce and enjoy**