

# LUNCH RECIPES

## SOUP RECIPES

### KETO BROCCOLI SOUP

Serves: **4**  
Prep Time: **10** Minutes  
Cook Time: **30** Minutes  
Total Time: **40** Minutes

#### INGREDIENTS

- **olive oil**
- **1 cup chicken broth**
- **1 cup heavy whipping cream**
- **6 oz. shredded cheddar cheese**
- **salt**
- **5-ounces broccoli**
- **1 celery stalk**
- **1 small carrot**
- **½ onion**

## **DIRECTIONS**

- 1. In a pot add olive oil over medium heat**
- 2. Add onion, carrot, celery and cook for 2-3 minutes**
- 3. Add chicken broth and simmer for 4-5 minutes**
- 4. Stir in broccoli and cream**
- 5. Sprinkle in cheese and season with salt**