

KETO PARMESAN SOUP

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

INGREDIENTS

- **1 broccoli**
- **1 tsp pepper**
- **1 tablespoon butter**
- **1 tablespoon cheese**
- **1 onion**
- **½ cup warm**
- **1 tsp salt**
- **½ cup heavy cream**

DIRECTIONS

- 1. In a saucepan add onion and cook**
- 2. Stir in broccoli and cook until soft**
- 3. Combine with heavy cream and place in a blender, blend until smooth**
- 4. Return the soup to the saucepan, season with salt**

5. Serve and sprinkle with parmesan