



Creamy Broccoli & Cheese Soup

Broccoli and cheese soup is a staple for many families . . . and the ability to make it super simple and Keto means you can have this any time! The recipe is incredibly easy and tastes delicious. Definitely add this to your dinner lineup! Oh - and leave out the carrots to stay super Keto!

Recipe

5 Cloves Garlic
2 Tablespoons Butter
½ Small Onion Diced
4 Cup Broccoli/Cauliflower
1 Cup Diced Carrots
1 Cup Diced Zucchini
2 Cup Broth (Chicken or Veggie)
8oz Cheddar Cheese, grated
1.5 Cup Heavy Whipping Cream
Salt and Pepper to Taste



Saute Butter, garlic, and onions in the Instant Pot until onion is clear.

Add broccoli, carrots, zucchini and the broth to the Instant Pot. Cook on High Pressure for 7 minutes and then Manual Pressure Release.

Stir the veggies - they should break down into smaller chunks very easily.

Turn the Instant Pot to Keep Warm. Add in the heavy cream and slowly add in the cheese.

Finally, add in salt and pepper to taste!

The Keto Dad Tips and Tricks:

- We peeled the skin off the zucchini to make it blend better - it adds thickness to the soup!
- Sprinkle some fresh cheese and bacon crumbles on top!
- Leave out the Carrots to keep it Keto! (our kids love them, so we left them in!)

Serving size: Serves 8

Calories: 321, Fat: 28g, Carbs: 8g, Fiber: 2g, (Net Carbs 6) Protein: 11g

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