**Broccoli Cheddar Soup**

**Ingredients:**

2 heads broccoli

2 oz. butter

2 oz. flour

1 onion, medium dice

2 ribs celery, medium dice

2 cloves garlic, minced

3 cups chicken stock

2 cups heavy cream

Salt and pepper

1 cup shredded cheddar

**INSTRUCTIONS**

**Wednesday:**

1. Mise en place all ingredients.
2. Put all of your ingredients on a tray with your recipe and group assignments and put them in the cooler.

**Thursday:**

1. Bring a medium pot of water to a boil.
2. Trim the florets from the stems of the broccoli. Save the stems and chop with the rest of the veggies.
3. Put the florets in the boiling water and cook for 2 minutes. Drain in the sink. Run cold water over them to cool them down.
4. Chop the rest of the ingredients for tomorrow.
5. Wrap everything and put it back on your tray and into the cooler.

**Friday:**

1. In a large pot over medium high heat, sauté the onions, celery, garlic, and broccoli stems until they are soft; about 7 minutes.
2. Add the flour and stir until a paste forms.
3. Slowly add the chicken stock. Bring to a simmer, the soup should thicken.
4. Add the cream and return to a simmer.
5. Blend the soup up with the immersion blender.
6. Add cheese and broccoli florets to finish the soup.
7. Season to taste.
8. Enjoy.