

# Cheesy Broccoli Soup

THM-Friendly: S

- 1 zucchini or summer squash, chopped
- 1 bag of riced cauliflower
- 1 cup of okra
- 32 oz. chicken broth
- 1 - 2 cups water
- 1/2 lb. broccoli
- 1 cup cream (heavy or half & half)
- 1 cup shredded cheddar
- 1/4 tsp. thyme
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 3/4 tsp. mineral salt
- 6 slices bacon, cooked and crispy



Boil cauliflower, okra, and zucchini in the broth and water until tender. Leave in the pot and blend with an immersion blender. If you only have a traditional blender, be careful when blending hot liquid.

Add broccoli and seasonings and boil for 7-8 minutes, until tender. At this point, you can break down the broccoli more with the immersion blender but don't completely blend. I like to leave it somewhat chunky. Add cheese, cream, and crumbled bacon. Mix until melted.

enJOY!!

NOTE: If you find it reducing too much, or if it's too thick, add some additional broth or water.

I serve mine with a serving of [Swiss Bread](#) (from [Trim Healthy Cookbook](#), pg. 196) cooked in the waffle maker.

