

Talapeño Broccoli Cheddar Soup

Traditional broccoli-cheddar soup is comfort food in a bowl. We've taken it up a notch by giving it a spicy kick that adds a contrast to the cheesy creaminess that we love. Served with a grilled roll, it's a cozy dinner that's on the table in a flash.

20 Minutes to the Table

20 Minutes Hands On

1 Whisk Super Easy

Getting Organized

EQUIPMENT

- Large Saucepan
(with a cover)
- Large skillet

FROM YOUR PANTRY

- Olive Oil
- Salt & Pepper
- ½ Tbsp butter
- 2 teaspoons flour

5 MEEZ CONTAINERS

- French Roll
- Broccoli
- Cream
- Bell Peppers &
Onions
- Cheese

Add Protein Cooking Instructions

Integrate into recipe: While the soup is cooking in step 2, cook the protein (per instructions below) and then slice into strips (*flake the salmon, leave shrimp whole*) and stir into the soup in step 4.

Cook protein: Lightly sprinkle the protein with salt & pepper. Heat a large skillet with 1-2 Tbsp olive oil on medium-high heat (*high for steak.*) When the oil is hot, cook the protein until the:

CHICKEN is crisp and brown, about 4 to 5 minutes per side. Let rest for 5 minutes.

STEAK bottoms are brown and sides start to color, about 4 minutes per side for medium (3 min for med-rare and 5-6 min for well done.) Let rest for 5 minutes.

SALMON is crisp and brown, about 4 minutes per side. Let rest for 5 minutes.

SHRIMP are opaque and no longer grey in color, about 1 minute per side.

Good to Know

This dish is already relatively low in carbs at 40g per serving, but you can **trim the carbs to 21g** per serving by skipping the bread.

Health snapshot per serving – 710 Calories, 26g Protein, 50g Fat, 40g carbs, 25 Freestyle Points.

Lightened up Health snapshot per serving - 600 Calories, 21g Carbs, 49g Fat, 23 Freestyle Points by skipping the bread.

**SCAN QR CODE
to view YouTube
cooking video**



INGREDIENTS: Broccoli, Bell Peppers, Onions, Jalapeño, Half-and-Half, Cream Hot Pepper Loaf Cheese, White Cheddar, Vegetable Stock, White Peppers.

meez meals

1. Cook the Vegetables

Heat 2 Tbsp of olive oil in a large saucepan over medium high heat. When the oil is hot, add the **Broccoli** and pinch of salt and pepper. Sauté until the edges start to brown, about 4 to 5 minutes. Add the **Bell Peppers & Onions** and cook, stirring frequently, until the onions start to soften, about 2 to 3 additional minutes.

Add ½ Tbsp butter to the saucepan. When it melts, add 2 teaspoons of flour and stir until the vegetables are coated in the flour/butter combination. Cook until the flour turns light brown, about 2 minutes.

2. Create the Soup

Turn the heat to high and add 2/3 of a cup of water and the **Cream**. Scrape the bottom of the pan to make sure you get all the tasty bits mixed in.

Bring to a boil, then reduce the heat to medium low. Cover and simmer for 5 minutes. Remove from the heat. Add the **Cheese** and stir until it melts.

3. Grill the Bread

While the soup is simmering, heat a large skillet over medium heat. Cut the **French Rolls** in half and drizzle with olive oil, salt and pepper on each side. Once the skillet is hot, add the rolls, cut side down. Cook until they start to brown, about a minute.

4. Put It All Together

Ladle the soup into serving bowls and serve alongside the grilled rolls. Enjoy!

If you have a toaster oven, you can also use that to toast the bread. It's simpler but doesn't have quite the same magic as grilling.

Instructions for two servings.

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