Panera Broccoli Cheese Soup

Ingredients:

1 tablespoon melted butter
1/2 medium chopped onion
1/4 cup melted butter
1/4 cup flour
2 cups half-and-half cream
2 cups chicken stock
1/2 lb fresh broccoli
1 cup carrot, julienned
1/4 teaspoon nutmeg
8 ounces grated sharp cheddar cheese
salt and pepper

Instructions:

Sauté onion in butter. Set aside.

Cook melted butter and flour using a whisk over medium heat for 3-5 minutes. Stir constantly and add the half & half.

Add the chicken stock. Simmer for 20 minutes.

Add the broccoli, carrots and onions. Cook over low heat 20-25 minutes.

dd salt and pepper. Can be puréed in a blender but I don't. Return to heat and add cheese. Stir in nutmeg.

source:http://tomatohero.tips