

# Keto Broccoli Cheese Soup



- 4 Tbsp Butter
- 1/2 Cup Onion Diced
- 1 tsp Salt
- 1/2 tsp Pepper
- 1 tsp Chopped Garlic
- 32 oz Chicken Broth

- 1 Large Bunch of Broccoli cut into bite size pieces, including stem
- 4 oz Cream Cheese cubed
- 8-oz Deli American cheese
- 1/2 tsp xanthan gum
- 8 oz diced ham

Sauté onion and Broccoli stalk in butter for a few minutes, add garlic, salt & pepper. Sauté until onions are translucent. Add chicken stock.

Add broccoli pieces. Once it starts boiling, reduce heat and simmer covered with lid for about 10 minutes or until broccoli is fork tender. Add cream cheese and American cheese, ham and sprinkle xanthan gum across the top. The xanthan gum acts as a thickener. Stir until melted and thick.

Serve with additional cheese on top

6 servings,

One Serving:

Carbs 6g

Fiber 1g

Protein 10g

Fat 16g

Calories 200