

Broccoli Cheddar Soup with Crab

3 tablespoons butter
1 cup chopped onion
3 tablespoons flour
2 cups half and half (or whole milk)
2 cups chicken broth, homemade or low-sodium
1 head broccoli florets, large pieces halved
Ground black pepper, to taste
Mrs. Dash or salt, to taste
2 cups shredded cheddar cheese
Shelled crab meat, for garnish

Heat the butter in a large saucepan or Dutch oven over medium heat. Add the onions and sauté about 5 minutes, until softened. Sprinkle the flour evenly over the onions and whisk continuously until there are no lumps left. Slowly stir in the half and half and chicken broth. Bring to a low boil, and then reduce heat to medium-low and simmer 15 to 20 minutes, stirring occasionally to make sure it doesn't stick or burn.

Add the broccoli and cook 15 to 20 minutes more until the vegetables are tender when pierced with a fork. Add the seasonings and cheese. Stir until the cheese is melted. Ladle the soup into bowls, and garnish with as much crab as you like.