

# Keto Instant Pot Broccoli Cheese Soup

Hands-on 10 minutes Overall 20 minutes

**Nutritional values (per serving, about 2 cups/ 480 ml):** Total carbs: 10.5 g, Fiber: 2.2 g,

**Net carbs: 8.2 g**, Protein: 21 g, Fat: 46.7 g, Calories: 544 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



## Ingredients (makes 4 servings)

- 1 large head broccoli, stalk removed and cut into florets (260 g/ 9.2 oz)
- 1 cup diced onion (114 g/ 4 oz)
- 2 cups sharp grated cheddar cheese (226 g/ 8 oz)
- 1 tsp sea salt, or to taste
- 1/2 tsp black pepper
- 4 cups [chicken stock](#) or vegetable stock (~ 1 L)
- 1 cup heavy whipping cream (240 ml)

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## Instructions

1. Place the broccoli florets, diced onion, grated cheddar, salt and pepper in the [Instant Pot](#).
2. Add the chicken or vegetable stock. Cover with lid making sure the seal is set to *sealed*, not venting. Press *Manual*, and set to high pressure for 7 minutes.
3. Once the time is up quick release the valve.
4. Transfer 1 cup of the soup to a blender with the heavy cream.
5. [Place in a blender](#) and process until smooth. Then add the blended mixture back to the [Instant Pot](#). Press cancel and then *Sauté*.
6. Bring the soup to a simmer for 4-5 minutes until thickened.
7. Taste and season with more salt and pepper if needed. Serve immediately or let it cool down and store in the fridge. Refrigerate leftovers in a covered glass container or jar for up to 4 days.

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