

Cheesy Chicken and Broccoli Soup

- 1/4 cup butter
- 1 cup chopped onion
- 1 teaspoon minced garlic
- 2 tablespoons flour
- 2 cups evaporated milk
- 3 cups chicken broth
- 1 small potato, peeled and chopped
- 1 1/2 cups fresh broccoli, chopped
- 1 cup cooked and chopped chicken breasts
- 1/2 teaspoon nutmeg
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 1/8 - 1/4 teaspoon cayenne pepper
- 2 tablespoons Dijon style mustard
- 2 cups shredded cheddar cheese

Melt butter in large saucepan. Add onion and cook until tender. Add garlic and sauté for 30 seconds. Add flour, stir and cook for 1 minute. Whisk in milk and broth. Add potato. Bring to a boil and then reduce heat, cover and simmer for minutes. Add broccoli, chicken and seasonings. Simmer for an additional minutes. Add cheese and stir to melt. Do not boil. Garnish with diced red bell pepper, if desired.