Prep Time: 15 minutes
Cook Time: 30 minutes
Total Time: 45 minutes
Intensity Level: Easy (Low Intensity)

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Introduction

There’s nothing quite as comforting as a warm bowl of broccoli cheddar soup on a chilly day. This High-Protein Broccoli Cheddar Soup takes the classic version you know and love and gives it a serious nutritional upgrade. By adding cottage cheese and a touch of Greek yogurt, we boost the protein content dramatically without sacrificing that rich, creamy, cheesy flavor.

Whether you’re meal-prepping for the week, looking for a satisfying post-workout meal, or

simply wanting a cozy dinner that keeps you full, this soup delivers. It’s packed with fiber-rich broccoli, real cheddar cheese, and enough protein to keep you energized for hours. Best of all, it comes together in one pot in under an hour — perfect for busy weeknights.

Ingredients

- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 2 cloves garlic, minced
- 4 cups low-sodium chicken or vegetable broth
- 5 cups fresh broccoli florets (about 1 large head), chopped into bite-sized pieces
- 1 cup low-fat cottage cheese
- ½ cup plain nonfat Greek yogurt
- 1½ cups shredded sharp cheddar cheese
- ½ cup whole milk (or milk of choice)

- 2 tablespoons all-purpose flour (or 1 tablespoon cornstarch for gluten-free)
- 1 teaspoon Dijon mustard
- ½ teaspoon smoked paprika
- ¼ teaspoon black pepper
- Pinch of cayenne pepper (optional, for a little heat)
- Salt, to taste
- Fresh chives or green onions, chopped (for garnish)

Equipment

- Large Dutch oven or soup pot
- Wooden spoon or spatula
- Immersion blender (or stand blender)

- Measuring cups and spoons
- Whisk

Instructions

Step 1: Sauté the Aromatics (Time: 5 minutes | Intensity: Low)

Heat the olive oil in a large Dutch oven or soup pot over medium heat. Add the diced onion and cook, stirring occasionally, until soft and translucent — about 4 minutes. Add the minced garlic and cook for 1 more minute until fragrant. Be careful not to brown the garlic, as it can turn bitter.

Step 2: Build the Base (Time: 3 minutes | Intensity: Low)

Sprinkle the flour over the onions and garlic, and whisk constantly for 1 minute to coat. This creates a light roux that will help thicken the soup. Slowly pour in the broth while whisking to prevent lumps. Add the Dijon mustard, smoked paprika, black pepper, and cayenne (if using). Stir to combine.

Step 3: Simmer the Broccoli (Time: 12–15 minutes | Intensity: Low)

Bring the mixture to a gentle boil, then reduce the heat to low and add the chopped broccoli florets. Cover and simmer for 12–15 minutes, or until the broccoli is fork-tender. Stir occasionally to ensure even cooking.

Step 4: Blend the Cottage Cheese (Time: 2 minutes | Intensity: Medium)

While the soup simmers, add the cottage cheese and Greek yogurt to a blender or food processor. Blend until completely smooth and creamy — about 1–2 minutes. This step is key to achieving that silky texture without any curds. Set aside.

Step 5: Blend the Soup (Time: 3 minutes | Intensity: Medium)

Using an immersion blender, pulse the soup a few times to break down some of the broccoli. Do not over-blend — you want to keep some texture and chunks of broccoli for a hearty bite. If using a stand blender, transfer about half the soup to the blender, blend lightly, and return it to the pot. (Always vent the lid when blending hot liquids!)

Step 6: Add the Creamy Elements (Time: 5 minutes | Intensity: Low)

Reduce the heat to low and stir in the blended cottage cheese mixture and the milk. Warm gently for 2–3 minutes — do not let the soup boil, as this can cause the dairy to separate. Add the shredded cheddar cheese one handful at a time, stirring until fully melted and smooth. Taste and adjust salt and pepper as needed.

Step 7: Garnish and Serve (Time: 2 minutes | Intensity: Low)

Ladle the soup into bowls and garnish with fresh chopped chives or green onions. For extra protein, top with a dollop of Greek yogurt or a sprinkle of extra cheddar. Serve hot with crusty bread, crackers, or a side salad.

Recipe Summary Table

Step	Task	Time	Intensity
1	Sauté aromatics	5 min	Low
2	Build the base	3 min	Low
3	Simmer broccoli	12–15 min	Low
4	Blend cottage cheese	2 min	Medium
5	Blend soup	3 min	Medium
6	Add creamy elements	5 min	Low
7	Garnish and serve	2 min	Low

Total Active Time: ~20 minutes
Total Cook Time: ~30 minutes
Overall Intensity: Easy

Nutrition Information (Per Serving)

Based on 4 servings. Values are estimates and will vary based on specific brands and substitutions.

Nutrient	Amount per Serving
Calories	~340 kcal
Protein	~26 g
Total Fat	~17 g
Saturated Fat	~9 g
Cholesterol	~45 mg
Total Carbohydrates	~18 g
Dietary Fiber	~5 g
Total Sugars	~7 g
Sodium	~680 mg

Nutrient	Amount per Serving
Calcium	~40% DV
Vitamin C	~90% DV
Vitamin K	~130% DV