Opinion
EarthBeat



The recipe for this broccoli cheddar soup comes from the blog "I heart vegetables" and uses milk and blended cottage cheese. (NCR photo/Heidi Schlumpf)



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This recipe is part of a Lent 2025 series where NCR staff will share some of their favorite meatless meals. Sign up for the EarthBeat Reflections email newsletter to receive a recipe in your inbox each Friday of Lent this year.



When our daughter decided to become a vegetarian about three years ago, I was touched by her desire to live out her ethical principles, but challenged by the need to expand my meatless meal repertoire. An additional concern has been the need to beef up (pun intended) the protein in our meatless meals. Whipped cottage cheese has become all the rage on social media sites these days. It adds protein, especially good for a growing teen, without adding too much fat, for those of us watching our cholesterol. This recipe, from one of my favorite blogs, "i heart vegetables," is a family favorite

High-protein broccoli cheddar soup

Ingredients (Visit the original blog post for details.)

- Butter

- Yellow onion
- Carrots
- Celery
- Garlic
- All-purpose flour
- Smoked paprika
- Vegetable broth
- Broccoli
- Milk
- Cheddar cheese
- Low-fat cottage cheese
- Salt
- Pepper



Heidi Schlumpf uses an immersion blender to blend cottage cheese for broccoli cheddar soup. (NCR photo/Heidi Schlumpf)

Instructions

1. Melt the butter in a large pot over medium heat.
2. Add onion, carrot and celery and cook for 10 minutes, stirring frequently.
3. Add garlic and continue to cook over medium heat for one minute.
4. Add smoked paprika and flour and cook for one minute, stirring until the vegetables are coated with flour.
5. Add the broth and broccoli and bring to a simmer.

6. Simmer the broccoli for 8-9 minutes until softened.
7. Add the milk and cook over low heat until the soup is warm.
8. Blend the cottage cheese.
9. Add blended cottage cheese and shredded cheese and stir until melted. Be careful not to turn the heat up too high or the milk will curdle.
10. Transfer one cup of soup to a blender and blend, allowing steam to escape through the vent. Transfer the blended soup back to the pot.You also can use an immersion blender to gently blend the soup.
11. Add salt to taste.

Read this next: Q&A: Shaun Larcom on the effect of a return to meatless Fridays for UK Catholics

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This story appears in the **Lent 2025** and **Our Daily Bread** feature series.