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Description

Warm up with a bowl of rich, velvety soup that delivers ultimate comfort in a fraction of the time. This upgraded canned broccoli cheese soup elevates a store-bought classic into a thick, restaurant-quality meal packed with wholesome flavor. It's the perfect solution for busy weeknights when you want a quick, nourishing dish that fits seamlessly into your low-carb, high-protein lifestyle without sacrificing taste or texture.

Can This Canned Broccoli Cheese Soup Support Weight Loss Goals?

Yes, this soup can easily support weight loss goals when prepared with protein-boosting additions. By increasing the protein content with lean ingredients or Greek yogurt and keeping the net carbs controlled, it provides a satisfying, nutrient-dense meal. The combination of protein and dietary fiber from broccoli helps promote feelings of fullness, keeping hunger at bay while helping you stick to your daily calorie targets naturally.

Does Canned Broccoli Cheese Soup Fit a High-Protein Lifestyle?

Absolutely. While standard canned soup can be lower in protein, adding key ingredients like real shredded sharp cheddar, unflavored protein powder, or a scoop of Greek yogurt elevates its protein profile significantly. Combining these high-protein elements with fibrous broccoli keeps net carbs low while providing the macros needed to support muscle recovery and daily energy needs. It is an efficient, comforting way to meet your high-protein nutritional targets.

My Personal Experience

- Effortless Weeknight Upgrade:

Transforming a basic canned base with real sharp cheddar and extra fresh broccoli turned a simple shortcut into a genuinely comforting, low-carb dinner.

- Perfect Macro Balance:

Adding protein powder blended effortlessly into the creamy broth, giving the soup a rich consistency without altering the savory cheese flavor.

- Great for Meal Prep:

Making a double batch allowed me to quick-heat a high-protein, low-carb lunch that stayed creamy without separating when properly reheated.

Perfect For:

- Quick high-protein, low-carb lunches on busy workdays
- Cozy winter dinners when you need a fast keto-friendly meal
- Post-workout warm-up meals that deliver solid protein and fiber
- High-protein snacks when served in smaller, comforting portions

Why You'll Love This Recipe:

- Ready in Minutes:

Using canned broccoli soup as a base drastically cuts down prep and simmering time without sacrificing homestyle flavor.

- Highly Customizable Macros:

You can easily adjust the cheese, milk, or added protein to fit your specific daily low-carb or high-protein targets.

- Rich and Creamy Texture:

Real cheddar and a touch of heavy cream create a luxurious mouthfeel that makes standard canned soup taste homemade.

- Budget and Pantry-Friendly:

Uses affordable pantry staples, allowing you to whip up a nutritious, high-protein soup at a moment's notice.

Common Mistakes to Avoid:

1. Boiling the Soup After Adding Dairy: High heat can cause the cheese and cream to curdle or break, resulting in a grainy texture.
2. Adding Pre-Shredded Cheese: Packaged shredded cheese contains anti-caking agents that prevent it from melting smoothly into the broth.
3. Overcooking Extra Broccoli Florets: Adding fresh broccoli too early will make it mushy instead of tender-crisp.
4. Skipping the Whisking Step: If adding unflavored protein powder, failing to whisk it into a cool liquid first can create unwanted lumps.

Required Equipment:

- Medium Saucepan — Ensures even heat distribution for smooth melting without scorching the soup base.
- Whisk — Quickly blends ingredients together to maintain a creamy, lump-free texture.
- Box Grater — Allows you to freshly shred cheese for optimal melting and superior flavor integration.
- Ladle — Makes serving neat and effortless without spilling hot liquid.

Storage Instructions:

Store leftovers in an airtight glass container in the refrigerator for up to 3 to 4 days. Glass containers help preserve the high-protein freshness and prevent flavor transfer. Because dairy-based soups can separate when frozen, freeze in individual portion-safe bags or containers for up to 2 months, thawing gently in the fridge before reheating over low heat while whisking constantly.

Recipe Details

- Preparation Time: 5 minutes
- Cooking Time: 10 minutes
- Total Time: 15 minutes
- Servings: 2 servings
- Best Season for This Recipe: Fall & Winter (Enjoyable All-Season)
- Total Calories (Per Serving): ~320 kcal (Approximate estimate)

A quick, ultra-creamy low-carb comfort meal made in under 15 minutes.

Elevated with fresh cheddar and boosted protein for optimal daily nutrition.

Delivers rich broccoli-cheddar flavor with a fraction of the traditional prep time.

□ Ingredients:

- 1 can (10.5 oz) Condensed Broccoli Cheese Soup (*Note: Look for low-sodium or low-carb varieties if preferred*)
- 1/2 cup Unsweetened Almond Milk or Whole Milk
- 1 cup Fresh Broccoli Florets (*finely chopped into small pieces*)
- 1/2 cup Sharp Cheddar Cheese (*freshly shredded for best melting*)
- 1 scoop (approx. 25g) Unflavored Whey Isolate or Collagen Powder
- 2 tbsp Heavy Cream or Plain Greek Yogurt
- 1/4 tsp Garlic Powder
- Salt and Black Pepper to taste

Directions:

1. Prepare the Base: In a medium saucepan off the heat, whisk together the condensed canned soup, milk, and unflavored protein powder until smooth and completely lump-free.
2. Heat and Simmer: Place the saucepan over medium-low heat. Stir in the finely chopped fresh broccoli florets and garlic powder. Heat for 5–6 minutes until the broccoli is tender-crisp and the soup is steaming, but not boiling.

3. Melt the Cheese (High-Protein Tip): Reduce heat to low. Stir in the heavy cream and gradually fold in the freshly shredded cheddar cheese in small handfuls, stirring continuously until melted, smooth, and velvety.
4. Season and Serve: Season with salt and black pepper to taste. Remove from heat immediately once the cheese is completely integrated to maintain a glossy, non-grainy texture. Ladle into bowls and serve warm.

Nutrition Facts (Per Serving – Approximate):

- Calories: 320 kcal
- Fats: 20 g
- Cholesterol: 45 mg
- Sodium: 780 mg
- Potassium: 350 mg
- Total Carbohydrates: 10 g
- Fiber: 3 g
- Net Carbs: 7 g
- Sugars: 3 g
- Protein: 25 g
- Calcium: 350 mg

Notes:

- Storage: Keep refrigerated in an airtight container for up to 4 days.
- Reheating: Warm gently over low heat on the stovetop, whisking in a splash of milk if the soup has thickened. Avoid microwave overheating to prevent dairy separation.
- Allergy Info: Contains dairy. Use gluten-free canned soup if gluten-sensitive, or substitute dairy-free cheese and coconut cream for a dairy-free variation.
- Flavor Boosts: Add a pinch of red pepper flakes, smoked paprika, or a splash of hot sauce for an extra kick.