



Beer Cheese Soup with Garlic Butter Crostini

READY IN



65 min.

SERVINGS



6

CALORIES



512 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 baguette sliced into 12 thin slices on the diagonal
- ☐ 2 carrots diced finely
- ☐ 1 pinch cayenne pepper
- ☐ 2 stalks celery diced finely
- ☐ 2 cups chicken stock see
- ☐ 2 teaspoons dijon mustard
- ☐ 3 tablespoons flour all-purpose
- ☐ 1 clove garlic
- ☐ 2 cloves garlic minced

- ☐ 1 cup gruyere cheese shredded
- ☐ 0.5 cup half-and-half
- ☐ 1 bottle pale ale blue such as pabst ribbon
- ☐ 6 servings kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 0.5 teaspoon ground mustard dry
- ☐ 1 small onion diced finely
- ☐ 2 cups sharp cheddar shredded yellow
- ☐ 3 tablespoons butter unsalted
- ☐ 3 tablespoons butter unsalted softened
- ☐ 1 teaspoon worcestershire sauce

Equipment

- ☐ grill
- ☐ dutch oven
- ☐ immersion blender
- ☐ grill pan

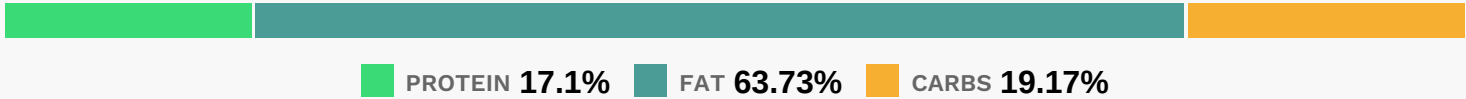
Directions

- ☐ Watch how to make this recipe.
- ☐ Melt the butter in a Dutch oven or large saucepot over medium heat.
- ☐ Add the carrots, celery, garlic, onions, mustard powder, cayenne and sprinkle with salt and pepper. Sweat the vegetables until tender, about 15 minutes.
- ☐ Sprinkle the flour over the vegetables and cook, stirring constantly, about 1 minute.
- ☐ Pour in the stock, mustard and Worcestershire and simmer until the veggies are very soft, about 15 minutes.
- ☐ Add the ale, simmer, about 5 minutes, and then puree with an immersion blender until smooth.
- ☐ Add the Cheddar, gruyere and half-and-half and stir until melted through and smooth. Adjust the seasoning and top with the Garlic Butter Crostini. Enjoy with a 30-pack of your favorite

cheap beer.

- ☐ Heat a grill pan over medium heat.
- ☐ Brush the baguette slices on both sides with the butter and sprinkle with salt. Grill the slices on both sides until grill marks form, about 3 minutes per side. Rub the slices with the garlic.

Nutrition Facts



Properties

Glycemic Index:79.35, Glycemic Load:11.11, Inflammation Score:-10, Nutrition Score:18.229999956877%

Flavonoids

Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg, Quercetin: 2.5mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 512.16kcal (25.61%), Fat: 35.37g (54.41%), Saturated Fat: 20.4g (127.52%), Carbohydrates: 23.92g (7.97%), Net Carbohydrates: 22.25g (8.09%), Sugar: 5.09g (5.65%), Cholesterol: 101.43mg (33.81%), Sodium: 913.34mg (39.71%), Alcohol: 2.21g (100%), Alcohol %: 0.92% (100%), Protein: 21.36g (42.71%), Vitamin A: 4476.26IU (89.53%), Calcium: 561.14mg (56.11%), Phosphorus: 401.49mg (40.15%), Selenium: 22.86µg (32.66%), Vitamin B2: 0.47mg (27.43%), Zinc: 2.77mg (18.46%), Vitamin B1: 0.24mg (16.16%), Vitamin B3: 3.09mg (15.43%), Folate: 59.12µg (14.78%), Vitamin B12: 0.82µg (13.75%), Manganese: 0.24mg (12.13%), Vitamin B6: 0.23mg (11.28%), Magnesium: 40.42mg (10.11%), Vitamin K: 10.42µg (9.92%), Potassium: 342.17mg (9.78%), Iron: 1.43mg (7.93%), Fiber: 1.67g (6.69%), Vitamin E: 1mg (6.67%), Copper: 0.13mg (6.44%), Vitamin B5: 0.59mg (5.91%), Vitamin C: 3.45mg (4.18%), Vitamin D: 0.57µg (3.79%)