



Broccoli Cheese Soup

Makes: 5 servings (1 cup per serving)

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Ingredients

- 3 tablespoons vegetable oil
- 1 medium onion, diced
- 3 tablespoons all-purpose flour
- 4 cups frozen chopped broccoli
- 3 cups water
- 1 chicken bouillon cube
- ½ teaspoon salt
- ½ teaspoon black pepper
- ¼ teaspoon garlic powder
- ½ cup milk
- 4 ounces (1 cup) shredded cheese

Directions

1. Collect, dice, shred, and measure all ingredients before starting to prepare the recipe.
2. Heat oil in a large pot over medium heat. Add onion, and cook for about 2 minutes until the onion is soft and clear.
3. Add flour to the pot, and cook for 1 minute, stirring continuously.
4. Add broccoli, water, bouillon cube, salt, pepper, and garlic powder. Reduce heat to medium low, and cook for about 20 minutes or until the broccoli is tender. Stir occasionally to prevent soup from sticking to the pot.
5. Remove from heat, add the milk and cheese, and stir until cheese melts.
6. Place back on the stove, and cook on low heat for about 2 to 3 minutes until soup is thoroughly heated. Serve immediately.
7. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Note: This recipe freezes well. Defrost in the refrigerator overnight, then reheat and eat!

Be creative! Add other veggies like frozen peas or corn or shredded carrots in step #4.

Nutrition Facts	
5 servings per container	
Serving size	1 Cup (293g)
Amount Per Serving	
Calories	220
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 640mg	28%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 225mg	15%
Iron 1mg	6%
Potassium 203mg	4%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	