

BROCCOLI CHEESE SOUP



PREP TIME:
5 minutes

COOK TIME:
30 minutes

SERVES:
5 servings
(1 cup per serving)

INGREDIENTS:

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

STEPS:

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, pepper, and garlic powder.
5. 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.
6. Remove from heat, add the milk and cheese, and stir until cheese melts.
7. Place back on the stove, and cook on low heat for about 2 to 3 minutes until soup is thoroughly heated. Serve immediately.
8. 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 (372g) |
| Amount Per Serving | |
| Calories | 250 |
| % Daily Value* | |
| Total Fat 17g | 22% |
| Saturated Fat 5g | 25% |
| Trans Fat 0g | |
| Cholesterol 25mg | 8% |
| Sodium 190mg | 8% |
| Total Carbohydrate 16g | 6% |
| Dietary Fiber 5g | 18% |
| Total Sugars 5g | |
| Includes 0g Added Sugars | 0% |
| Protein 11g | 22% |
| Vitamin D 0.5mcg | 2% |
| Calcium 251mg | 20% |
| Iron 1mg | 6% |
| Potassium 306mg | 6% |
| *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. | |

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