

CHEESY BROCCOLI POTATO SOUP

Recipe created by 3-A-DayTM of Dairy

Makes 12 servings

Prep time: 15 minutes

Cook time: 15 minutes

Ingredients:

- 4 tablespoons butter
- 1 cup chopped onion
- ½ cup flour
- 4 cups low-sodium chicken broth
- 4 cups fat-free milk
- 16 ounces frozen broccoli, chopped
- 2 cups potatoes, peeled and diced
- 1 ½ cups Cheddar cheese, shredded
- 1 tablespoon Worcestershire sauce
- 1 teaspoon salt
- ½ teaspoon pepper



Melt butter in large saucepan over medium heat, add onion and cook until tender. Add flour; stir until blended. Gradually stir in broth. Heat until slightly thickened. Add milk, broccoli and potatoes. Cook over low heat about 15 minutes or until broccoli and potatoes are tender. Stir in cheese and seasonings.

Yield: 1 cup, per servings

Nutrition Facts per Serving:

Calories	190
Total Fat	9 g
Saturated Fat	6 g
Cholesterol	25 mg
Sodium	390 mg
Calcium	25% Daily Value
Protein	10 g (5.8 g dairy protein)
Total Carbohydrate	18 g
Dietary Fiber	2 g