RECIPE

Broccoli Cheddar Soup

Warm, creamy, cheese and veggie-filled, this soup is perfect for lunch or dinner any time of year.

Makes: 4 servings

Prep Time: 10 minutes Cook Time: 15 minutes

Source: foodhero.org/recipes

Ingredients

- 1 cup chopped onion
- 1 cup shredded carrot
- 1 ½ teaspoons margarine or butter
- 2 cups low-sodium broth (any type)
- 2 cups chopped broccoli (fresh or frozen)
- 1 cup nonfat or 1% milk
- ¼ cup flour
- ¹/₂ cup shredded cheddar cheese (2 ounces)
- ½ teaspoon pepper

Directions

- 1. Wash hands with soap and water.
- 2. In a medium saucepan over medium-high heat, saute onion and carrot in margarine or butter until onions begin to brown. Add broth and broccoli. Simmer until broccoli is tender, 5 to 7 minutes.
- 3. In another container, slowly stir the milk into the flour until smooth. Stir the milk mixture into the soup. Bring to a boil and continue stirring until slightly thickened, 3 to 5 minutes.
- 4. Add cheese and pepper. Heat over low heat until cheese is melted. Serve hot.
- 5. Refrigerate leftovers within 2 hours.



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	180
Total Fat:	<u>7 g</u>
Saturated Fat:	<u>3 g</u>
Cholesterol:	<u>15 mg</u>
Sodium:	200 mg
Total Carbohydrates:	<u>19 g</u>
Dietary Fiber:	<u>2 g</u>
Total Sugars:	<u>7 g</u>
Added Sugars:	<u>0 g</u>
Protein	<u>10 g</u>

Utensils Needed

- Medium Saucepan
- Sharp Knife
- Cutting Board
- Vegetable Peeler
- Measuring Spoons
- Measuring Cups
- Medium Bowl
- Wooden Spoon



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SHOPPING LIST

Average total cost without oil and seasonings: \$14.63 Average cost/serving: \$3.66

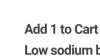
Recipe makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location. Optional items can be added.

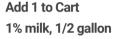
Ingredients



Add 1 to Cart Onion



Low sodium broth



Add 1 to Cart Cheddar Cheese

SAVE TIME, SAVE MONEY

Cooking Tips

- You can thicken the soup with 2 Tablespoons of cornstarch instead of flour.
- No broccoli? Try another vegetable, such as asparagus, cauliflower, or green beans.
- Try adding cooked or canned chicken for more protein.

Similar Recipes

- Oven Roasted Vegetables
- Macaroni & Cheese with Broccoli
- Black Bean and Vegetable Quesadilla



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Add 1 to Cart Carrot, 1 bunch



Add 1 to Cart Broccoli, 1 bunch



Add 1 to Cart Flour

My Cooking Notes