

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
- ½ cup shredded cheddar cheese (2 ounces)
- ⅓ 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:	7 g
Saturated Fat:	3 g
Cholesterol:	15 mg
Sodium:	200 mg
Total Carbohydrates:	19 g
Dietary Fiber:	2 g
Total Sugars:	7 g
Added Sugars:	0 g
Protein	10 g

Utensils Needed

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

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



Add 1 to Cart
Carrot, 1 bunch



Add 1 to Cart
Low sodium broth



Add 1 to Cart
Broccoli, 1 bunch



Add 1 to Cart
1% milk, 1/2 gallon



Add 1 to Cart
Flour



Add 1 to Cart
Cheddar Cheese

SAVE TIME, SAVE MONEY

My Cooking Notes

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