

Broccoli Potato Soup

Makes: 4 servings

Ingredients

4 cups broccoli (chopped)
1 small onion (chopped)
4 cups low-sodium chicken or vegetable broth
1 cup nonfat evaporated milk
1 cup instant mashed potatoes (prepared in water)
Salt and black pepper, to taste
¼ cup shredded cheddar cheese

Preparations

- 1) Combine broccoli, onion and broth in large saucepan. Bring to a boil.
- 2) Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
- 3) Add milk to the soup. Slowly stir in the potatoes.
- 4) Cook, stirring constantly, until bubbly and thickened.
- 5) Season with salt and black pepper. Stir in a little more milk or water if soup becomes too thick.
- 6) Ladle into serving bowls.
- 7) Sprinkle about 1 Tbsp. cheese over each serving.

Nutritional Information

(per serving)

Total calories	194
Total fat	5 g
Protein	15 g
Sodium	310 mg
Carbohydrate	26 g
Dietary fiber	3 g
Saturated fat	2 g
Total sugars	10 g

Source: MyPlate