

Broccoli Potato Soup

Ingredients:

- 1 onion
- 40 ounces frozen broccoli,
chopped
- 4 cups low sodium chicken broth
- 15 ounces evaporated skim milk
- 1 cup potato flakes
- 1/4 cup low-fat cheddar cheese

Equipment:

- Cutting Board
- Knife
- Large sauce pan
- Measuring cups
- Grater

Number of Servings: 8
 Prep Time: 20 minutes
 Total Time: 20 minutes

Directions

1. Cut ends off onion, and remove brown layer. Chop in to small pieces.
2. Combine frozen broccoli, onion, and broth in large sauce pan.
3. Bring to a boil.
4. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
5. Add milk to soup. Slowly stir in potatoes.
6. Cook, stirring constantly, until bubbly and thickened.
7. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
8. Pour into serving bowls.
9. Grate cheese with a grater. Sprinkle about 1 tablespoon cheese over each serving.

Excellent source of calcium and a complete quick meal, just add a whole grain bread and a salad.

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Nutrition Facts

Serving Size: 1 cup	
Servings: 8	
Amount Per Serving	
Calories 272	Calories from Fat 18g
%Daily Value*	
Total Fat 1g	2%
Saturated Fat 1g	5%
Cholesterol 5mg	2%
Sodium 785mg	32%
Total Carbohydrate 40g	13%
Dietary Fiber 10g	40%
Protein 30g	60%
Vitamin A 128%	Vitamin C 288%
Iron 228%	Calcium 52%
*Percent Daily Values are based on a 2,000 calorie diet.	

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