



Broccoli Cheddar Soup

Ingredients

- 1 cup chopped onion
- 1 cup shredded carrot
- 1 1/2 teaspoons margarine or butter
- 2 cups low-sodium broth (any type)
- 2 cups chopped broccoli (fresh or frozen)
- 1 cup nonfat or 1% milk
- 1/4 cup flour
- 1/2 cup shredded cheddar cheese (2 ounces)
- 1/8 teaspoon pepper

Nutrition Facts

Serving size:	1 cup
Servings per container:	4
Calories.....	180
Fat.....	7g
Saturated fat.....	3g
Cholesterol.....	15mg
Sodium.....	200mg
Carbohydrate.....	19g
Fiber.....	2g
Protein.....	10g
Calcium.....	217mg
Iron.....	1mg
Vitamin C.....	38mg

**Recipe provided by:
Food Hero, Oregon
State University
Extension,
foodhero.org**

Directions Wash hands and all food preparation surfaces.

1. In a medium sauce pan over medium-high heat, saute onion and carrot in margarine or butter until onions begin to brown.
2. 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.
4. Bring to a boil and continue stirring until slightly thickened, 3-5 minutes.
5. Add cheese and pepper. Heat over low heat until cheese is melted. Serve hot.
6. Refrigerate leftovers within 2 hours.

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This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP