



EATING SMART  
BEING ACTIVE

## Broccoli Cheese Soup

Makes: 5 servings (1 cup per serving)

Preparation Time: 5 minutes

Cooking Time: 30 minutes

### Ingredients

- 3 tablespoons vegetable oil
- 1 medium onion, diced
- 3 tablespoons all-purpose flour
- 4 cups chopped broccoli
- 3 cups water
- 1 chicken bouillon cube
- ½ teaspoon black pepper
- ¼ teaspoon garlic powder
- ½ cup milk
- 4 ounces cheese, shredded (1 cup shredded)

### Directions

1. Wash hands with soap and water.
2. Collect, dice, shred, and measure all ingredients before starting to prepare the recipe. Wash broccoli under cold running water.
3. Heat oil in a large pot over medium heat. Add onion, and cook for about 2 minutes until the onion is soft and clear.
4. Add flour to the pot, and cook for 1 minute, stirring continuously.
5. Add broccoli, water, bouillon cube, pepper, and garlic powder. Reduce heat to medium low, and cook for about 20 minutes or until the broccoli is tender. Stir occasionally to prevent soup from sticking to the pot.
6. Remove from heat, add the milk and cheese, and stir until cheese melts.
7. Place back on the stove, and cook on low heat for about 2 to 3 minutes until soup is thoroughly heated. Serve immediately.
8. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

**Note:** This recipe freezes well. Defrost in the refrigerator overnight, then reheat and eat!

**Be creative!** Add other veggies like frozen peas or corn or shredded carrots in step #4.

<b>Nutrition Facts</b>	
5 servings per container	
<b>Serving size</b>	<b>1 Cup (372g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>250</b>
% Daily Value*	
<b>Total Fat</b> 17g	<b>22%</b>
Saturated Fat 5g	<b>25%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 190mg	<b>8%</b>
<b>Total Carbohydrate</b> 16g	<b>6%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 11g	<b>22%</b>
Vitamin D 0.5mcg	2%
Calcium 251mg	20%
Iron 1mg	6%
Potassium 306mg	6%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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