



strong bodies **healthy minds**

Creamy Broccoli Soup

We love soup anytime of year! We typically avoid “creamy soups” because they are usually high in saturated fat – the fat that’s not good for your heart, but NOT this soup. This broccoli soup is creamy and delicious and in just one cup it is a good source of vitamins A and C, and calcium and iron – WOW! Make extra of this soup because it goes quickly.

Ingredients:

- 3 cups, broccoli florets
- 1 medium onion, diced small
- 2 cloves of garlic, minced
- 1 Tablespoon olive oil
- 1 Tablespoon whole-wheat flour
- 2 cups spring water
- 2 medium white potatoes, peeled and roughly chopped
- 1 cup low-fat milk
- ¼ teaspoon sea salt
- ¼ teaspoon ground pepper
- ½ cup chives, chopped finely
- ½ cup Cabot 50% Cheddar Cheese

Directions:

1. Wash broccoli and cut stems only leaving the broccoli heads; then cut into florets and set aside.
2. In a large saucepan, sauté onions and garlic in 1 tablespoon of olive oil over medium heat until the onions are soft and translucent, approximately 5-10 minutes.
3. Mix in flour and cook for 2 more minutes, stirring often. Then gradually add water and continue to stir until water comes to a boil, approximately 5 minutes.
4. Add broccoli and potatoes. Bring broth to a simmer, cover and let cook for 20 minutes or until broccoli and potatoes are tender. Turn heat off.
5. Using a hand blender, puree soup until creamy (or work in batches using a blender, but be careful because the soup is hot!).
6. Add milk, sea salt and pepper and stir well.
7. To serve, spoon 1 cup of soup for each of the 6 bowls and top with cheese and chives.

Makes approximately 9 servings (1 cup serving)

Nutrition Facts per serving: 130 calories; 4g fat (2g sat fat, 1g mono, 0g trans fats); 10mg cholesterol; 17g carbohydrate (3g fiber, 4g sugar); 8g protein; 160mg sodium; 15% Daily Value (DV) vitamin A; 120% DV vitamin C; 15% DV calcium; 10% DV iron.