

Broccoli-Cheese Soup

Soup of the Month March - 2014



Cheesy broccoli soup is so delicious and the popcorn adds whole grain, as well as a fun crunch to this 25-minute dinner. Serve with whole-grain rolls.

Prep Time: 25 Min

Start to Finish: 25 Min

Makes: 6 servings (1 cup each)

INGREDIENTS

- 1 tablespoon canola or soybean oil
- 1 medium onion, chopped (1/2 cup)
- 1 tablespoon all-purpose flour
- 1/2 teaspoon salt
- 3 cups original-flavored soymilk or fat-free (skim) milk
- 2 teaspoons cornstarch
- 1 1/2 cups shredded reduced-fat sharp Cheddar cheese (6 oz.)
- 3 boxes (9 ounces each) frozen (thawed) broccoli florets
- 1 cup popped reduced-fat popcorn, if desired

DIRECTIONS

1. In 3-quart saucepan, heat oil over medium heat. Stir in onion, flour and salt. Cook 2 to 3 minutes, stirring constantly, until onion is soft.
2. In small bowl, stir soymilk and cornstarch with wire whisk until smooth. Gradually stir into onion mixture. Cook 5 to 6 minutes, stirring frequently, until thick and bubbly.
3. Stir in cheese. Cook about 3 minutes, stirring frequently, until cheese is melted. Stir in broccoli. Cook about 1 minute or until hot, stirring occasionally. Serve topped with popcorn.

Recipe Provides: Dairy 1c, Fats & Oils 1tsp, Vegetables 3/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	190	Calories from Fat:	60
Total Fat:	6 g	Saturated Fat:	1½ g	Trans fat :	0 g
Cholesterol:	5 mg	Sodium:	550 mg	Total Carbohydrate:	18 g
Dietary Fiber:	5 g	Sugars:	6 g	Protein:	15 g



This recipe is adapted from WWW.eatbetterearly.com