BROCCOLI POTATO SOUP

Yield: 4 Servings | Serving Size: 2 cups
Cost/serving: $1.48

Ingredients:

4 cups chopped broccoli, fresh or frozen
1 small onion, chopped
4 cups chicken or vegetable broth, low sodium
1 cup evaporated milk
1 cup chopped cooked potatoes or mashed potatoes
1/4 teaspoon pepper
Salt (optional, up to 1/2 teaspoon) *
1/4 cup cheese, shredded cheddar or American

Directions:

1) Combine broccoli, onion, and broth in a large saucepan. Bring to a boil.
2) Reduce heat to medium-low. Cover and simmer about 10 minutes or until vegetables are tender.
3) Add milk, pepper, and salt (if using); slowly stir in potatoes.
4) Cook for 3-5 more minutes, stirring constantly.
5) Divide soup into 4 bowls. Sprinkle cheese over each serving.

*If you happen to use regular broth (not low sodium), do not add the optional salt.

Nutrition Facts

4 servings per container

Serving size	**2 cups (457g)**

Amount per serving

Calories 200

	% Daily Value*
Total Fat 8g	**10%**
Saturated Fat 4.5g	**23%**
Trans Fat 0g	
Cholesterol 25mg	**8%**
Sodium 210mg	**9%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 3g	**11%**
Total Sugars 9g	
Includes 0g Added Sugars	**0%**
Protein 11g	
Vitamin D 0mcg	0%
Calcium 263mg	20%
Iron 1mg	6%
Potassium 650mg	15%

*The % Daily Value 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.