



A Nutrition Resource

# 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*
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 4.5g	<b>23%</b>
Trans Fat 0g	
<b>Cholesterol</b> 25mg	<b>8%</b>
<b>Sodium</b> 210mg	<b>9%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>

<b>Protein</b> 11g	
Vitamin D 0mcg	<b>0%</b>
Calcium 263mg	<b>20%</b>
Iron 1mg	<b>6%</b>
Potassium 650mg	<b>15%</b>

\*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.



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