

BROCCOLI POTATO SOUP



YIELD 4 SERVINGS

Serving Size: 1/4 of recipe

NUTRITION FACTS PER SERVING

Calories:	178	Cholesterol:	10 mg
Carbs:	23 g	Protein:	15 g
Fiber:	3 g	Sodium:	225 mg
Fat:	4 g	Potassium:	806 mg
Saturated	2 g		
Fat:			

INGREDIENTS

- 4 cups broccoli (chopped)
- 1 onion (small, chopped)
- 4 cups chicken or vegetable broth, low-sodium
- 1 cup evaporated milk, non-fat
- 1/2 cup mashed potatoes, instant (prepare with water to make 1 cup potatoes; could also use 1 cup leftover mashed potatoes.)
- salt and pepper (to taste, optional)
- 1/4 cup cheddar cheese, shredded (or American)

DIRECTIONS

1. Combine broccoli, onion, and broth in large sauce pan. Bring to a boil.
2. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
3. Add milk to soup. Slowly stir in potatoes. Cook, stirring constantly, until bubbly and thickened.
4. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
5. Ladle into serving bowls.
6. Sprinkle about 1 tablespoon cheese over each serving.



Jefferson County
Health Center