

# Creamy Broccoli Soup



## Ingredients

|           |                             |
|-----------|-----------------------------|
| 2 ½ - 3c. | Broccoli, coarsely chopped  |
| ½ c.      | Onion, diced                |
| 1 ½ c.    | Milk - 1%                   |
| 1 ½ c.    | Water                       |
| 1 ½ tsp.  | Garlic powder               |
| 1 ½ tsp.  | Italian seasoning           |
| ¼ tsp.    | Pepper                      |
| Pinch     | Red pepper flakes, optional |
| ½ c.      | Cheese, shredded            |
| To taste  | Salt, optional              |

## Directions

In a medium pot, combine all ingredients except cheese. Over medium high heat, bring to a boil. Reduce heat to low & simmer for 10 mins. Stir in cheese and continue cooking on low heat for 5 mins. or until cheese is melted & broccoli is tender. Scoop soup into bowls; top with additional cheese, if desired.

Prep: 10-15 mins.

Cook: 15-20 mins.

Makes: 5 cups (4 - 1 ¼ c servings)

## Nutrition Facts

4 servings per container

Serving size 1 1/4 c.

Amount Per Serving

**Calories 110**

|                               | % Daily Value* |
|-------------------------------|----------------|
| <b>Total Fat</b> 4g           | <b>5%</b>      |
| Saturated Fat 3g              | 15%            |
| Trans Fat 0g                  |                |
| <b>Cholesterol</b> 15mg       | <b>5%</b>      |
| <b>Sodium</b> 270mg           | <b>12%</b>     |
| <b>Total Carbohydrate</b> 12g | <b>4%</b>      |
| Dietary Fiber 2g              | 7%             |
| Total Sugars 7g               |                |
| Includes 0g Added Sugars      | 0%             |
| <b>Protein</b> 7g             | <b>14%</b>     |

\*The % Daily Value (DV) 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.



Gather all ingredients.



Coarsely chop broccoli.



Great source of  
Vitamins A & C  
and Calcium!

Created by Rayshal Spalding; University of Idaho,  
Coordinated Program in Dietetics.