



Photo by: Randy Mayor;
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Broccoli and Cheese Soup

Processed cheese melts beautifully, giving this 30-minute broccoli and cheese soup a smooth texture and mild flavor.

Yield: 6 servings (serving size: 1 1/3 cups)

Ingredients

none Cooking spray	2 1/2 cups 2% reduced-fat milk
1 cup chopped onion	1/3 cup all-purpose flour
2 none garlic cloves, minced	1/4 teaspoon black pepper
3 cups fat-free, less-sodium chicken broth	8 ounces light processed cheese, cubed (such as Velveeta Light)
1 none (16-ounce) package broccoli florets	

Preparation

Heat a large nonstick saucepan coated with cooking spray over medium-high heat. Add onion and garlic; saute 3 minutes or until tender. Add broth and broccoli. Bring broccoli mixture to a boil over medium-high heat. Reduce heat to medium; cook 10 minutes.

Combine milk and flour, stirring with a whisk until well blended. Add milk mixture to broccoli mixture. Cook 5 minutes or until slightly thick, stirring constantly. Stir in pepper. Remove from heat; add cheese, stirring until cheese melts.

Place one-third of the soup in a blender or food processor, and process until smooth. Return pureed soup mixture to pan.

Nutritional Information

Amount per serving

Calories: 203none Calories from fat: 28% Fat: 6.3g Saturated fat: 4g Monounsaturated fat: 1.8g
 Polyunsaturated fat: 0.4g Protein: 15.6g Carbohydrate: 21.7g Fiber: 2.9g Cholesterol: 24mg Iron: 1.2mg
 Sodium: 897mg Calcium: 385mg

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