

# Broccoli Cheese Soup

## INGREDIENTS:

- 2 Tbsp. butter
- 1 c. onion, chopped
- 1 c. carrots, sliced
- 2 Tbsp. all-purpose flour
- 1 tsp. salt (or less)
- 3 c. chicken broth, low-sodium
- 2 c. nonfat milk
- 4 tsp. cornstarch
- 5 c. broccoli florets
- 2 c. cheddar cheese, finely shredded
- 1/4 tsp. white pepper

## DIRECTIONS:

Melt butter in 4-quart pot. Add onion and carrots; cook on medium heat until the onion is translucent (about four minutes). Add flour and salt; stir well. In a separate bowl, use a whisk to mix together broth, milk and cornstarch. Add broth mixture to onion mixture and cook while stirring, over medium heat, until the mixture thickens (about 10 minutes). Add broccoli and white pepper; cook until broccoli is tender-crisp (about five minutes). Stir in cheese and heat until the cheese melts.

## NUTRITION:

Makes eight servings. Each serving has 210 calories, 13 grams (g) fat, 11 g protein, 13 g carbohydrate, 2 g fiber and 750 milligrams (mg) sodium.