



Broccoli Potato Soup

Servings 6 | Prep time 10 mins. | Total time 40 mins.

Equipment: Large sauce pan, Cutting board, Mixing spoon, Bowl to pour blended soup, Blender

Utensils: Knife

Ingredients

4 cups low sodium broth (vegetable or chicken broth work OR 4 cups of water with 4 bouillon cubes)

1 ¼ pounds white potatoes, peeled and cut into bite-size cubes

2 stalks celery, chopped

1 medium onion, chopped

1 small carrot, peeled and chopped

2 cups broccoli florets, 1 cup chopped into bite-size pieces, 1 cup chopped very small

2 cups low-fat milk

1/2 teaspoon Italian seasoning

1 cup shredded reduced-fat sharp cheddar cheese

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. In a large sauce pan, bring broth to a boil over medium high heat.
3. While broth is heating, chop vegetables. Add potatoes, celery, onion, carrot, and 1 cup bite-size broccoli florets to broth.
4. Bring soup to a boil, reduce heat, cover pan and simmer for 20 minutes. Remove from heat.
5. Cool soup slightly; in small batches, transfer soup to a blender and blend until smooth. Transfer blended soup to a bowl. Repeat process until all soup is smooth.
6. Transfer soup back to saucepan and stir in milk, Italian seasoning, 1 cup finely chopped broccoli, and cheese and cook on medium heat for 10-15 minutes more, stirring occasionally.

Nutritional Information:

Calories 190

Total Fat 3g

Sodium 280mg

Total Carbs 29g

Protein 11g