

# Broccoli Soup

## Ingredients:

- 3 cups chopped broccoli (or 2-10 ounce package frozen broccoli)
- 1/2 cup diced celery
- 1/2 cup chopped onion
- 1 cup low sodium chicken broth
- 2 cups nonfat milk
- 2 tablespoons cornstarch
- 1/4 teaspoon salt
- Dash of pepper
- Dash of thyme
- 1/4 cup grated Swiss cheese

## Directions:

Place vegetables and broth in saucepan. Bring to boil, reduce heat, cover, and cook until vegetables are tender (about 8 minutes). Mix milk, cornstarch, salt, pepper, and thyme; add to cooked vegetables. Cook, stirring constantly, until soup is lightly thickened and mixture just begins to boil. Remove from heat and add cheese, stirring until melted.

<b>Nutrition Facts</b>	
Serving Size @ 1 1/2 cup serving (365g)	
Servings Per Container 4 servings	
Amount Per Serving	
<b>Calories</b> 140	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 260mg	<b>11%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 5g	<b>20%</b>
Sugars 9g	
<b>Protein</b> 12g	
Vitamin A 35%	• Vitamin C 100%
Calcium 25%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Nutrition Analysis completed using The Food Processor SQL© Nutrition Analysis Software from ESHA Research, Salem, Oregon. 10-2-08

