

Broccoli Potato Soup

Serves 4



Ingredients:

- 4 cups broccoli (chopped)
- 1 onion (small, chopped)
- 4 cups chicken or vegetable broth, low-sodium
- 1 cup evaporated milk, non-fat
- 1 cup mashed potatoes, instant (prepared in water)
- salt and pepper (to taste, optional)
- 1/4 cup cheddar cheese, shredded (or American)

Directions:

1. Wash hands.
2. Combine broccoli, onion, and broth in large sauce pan.
3. Bring to a boil.
4. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
5. Add milk to soup. Slowly stir in potatoes.
6. Cook, stirring constantly, until bubbly and thickened.
7. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
8. Ladle into serving bowls.
9. Sprinkle about 1 Tablespoon cheese over each serving.

Nutrition Facts

servings per container	
Serving size	(457g)
Amount per serving	
Calories	180
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 770mg	33%
Total Carbohydrate 31g	11%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 13g	
Vitamin D 1mcg	6%
Calcium 336mg	25%
Iron 1mg	6%
Potassium 490mg	10%
*The % Daily Value 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.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

Source: Arizona Nutrition Network, Don't Play With Your Food: Fall and Winter Cookbook

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Kansas State University Agricultural Experiment Station and Cooperative Extension Service

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It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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