

Cream of Broccoli Soup

Makes: 4 (1 cup) servings
Preparation Time: 10 minutes
Cooking Time: 10 minutes

Ingredients:

- 1 (10-ounce) package frozen broccoli, chopped
- 1 (8-ounce) can carrots or mixed vegetables, drained
- 1 (10-ounce) can cream of mushroom soup
- 1 soup can of milk
- ¼ to ½ cup cheddar cheese, grated

Directions:

1. In a saucepan, prepare broccoli according to directions. Drain off water.
2. Add carrots, cream of mushroom soup, and one can of milk to the broccoli. Stir over low heat until steaming hot and vegetables are cooked. Add cheese, stirring until melted.
3. Serve hot.
4. Refrigerate leftovers.

Be Creative!

- Use 2 cups of cooked, fresh broccoli instead of frozen broccoli.
- Use 1 cup of frozen carrots or mixed vegetables instead of canned.

Eat Smart: Vary Your Veggies!



Nutrition Facts

Serving Size 1 Cup (297g)	
Servings Per Container 4	
Amount Per Serving	
Calories 190	Calories from Fat 80
<small>% Daily Value*</small>	
Total Fat 9g	14%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 520mg	22%
Total Carbohydrate 19g	6%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 11g	

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Build Strong Bones