



EATING SMART
BEING ACTIVE

Broccoli Cheese Soup

Makes: 5 servings (1 cup per serving)

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Ingredients

- 3 tablespoons vegetable oil
- 1 medium onion, diced
- 3 tablespoons all-purpose flour
- 4 cups chopped broccoli
- 3 cups water
- 1 chicken bouillon cube
- ½ teaspoon black pepper
- ¼ teaspoon garlic powder
- ½ cup milk
- 4 ounces cheese, shredded (1 cup shredded)

Directions

1. Collect, dice, shred, and measure all ingredients before starting to prepare the recipe.
2. Heat oil in a large pot over medium heat. Add onion, and cook for about 2 minutes until the onion is soft and clear.
3. Add flour to the pot, and cook for 1 minute, stirring continuously.
4. Add broccoli, water, bouillon cube, pepper, and garlic powder. Reduce heat to medium low, and cook for about 20 minutes or until the broccoli is tender. Stir occasionally to prevent soup from sticking to the pot.
5. Remove from heat, add the milk and cheese, and stir until cheese melts.
6. Place back on the stove, and cook on low heat for about 2 to 3 minutes until soup is thoroughly heated. Serve immediately.
7. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Note: This recipe freezes well. Defrost in the refrigerator overnight, then reheat and eat!

Be creative! Add other veggies like frozen peas or corn or shredded carrots in step #4.

Nutrition Facts	
5 servings per container	
Serving size	1 Cup (372g)
Amount Per Serving	
Calories	250
<small>% Daily Value*</small>	
Total Fat 17g	22%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 190mg	8%
Total Carbohydrate 16g	6%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 11g	22%
Vitamin D 0.5mcg	2%
Calcium 251mg	20%
Iron 1mg	6%
Potassium 306mg	6%

*The % Daily Value (DV) 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.



United States
Department of
Agriculture

National Institute
of Food and
Agriculture



EFNEP
COLORADO STATE UNIVERSITY
EXTENSION

This material is based upon work that is supported by the National Institute of Food and Agriculture, U.S. Department of Agriculture. USDA is an equal opportunity provider, employer, and lender.

Build Strong Bones