

# Cream of Broccoli Soup

(Great the next day also)

## Ingredients:

- 10 ounce package frozen chopped broccoli, thawed
- 2 cups skim or 1/2% milk
- 1 tablespoon margarine or oil
- 1 package (2 ounces) or 1 to 1 1/2 cups potato flakes
- 2 teaspoons dried onion flakes
- 10 1/2 ounce can chicken broth (or 1 1/4 cups water and 2 tablespoons chicken flavored bouillon granules)
- Black pepper to taste



## Preparation:

1. Cook broccoli until tender and set aside.
2. Combine the milk and margarine in a medium saucepan until thoroughly heated, but do not boil.
3. Stir in potato and onion flakes.
4. Mash the broccoli well and blend it into the milk-potato mixture. (For a smoother consistency, place the milk-potato mixture in a blender, add the broccoli, and process for 30 seconds. Scrape down the sides and process for another 30 seconds. Return to the saucepan.)
5. Stir in the broth or bouillon, water, and pepper. Simmer for 10 minutes, stirring frequently to prevent sticking.

Makes four 1 cup servings

Amount Per Serving	
<b>Calories</b> 140-142	<b>Calories from Fat</b> 35
% Daily Values*	
Total Fat	3.5g 6%
Saturated Fat	1g 4%
Cholesterol	0mg 0%
Sodium	360mg 15%
Total Carbohydrate	20g 7%
Dietary Fiber	3g 12%
Sugars	8g
Protein	9g
Vitamin A	35% • Vitamin C 90%
Calcium	20% • 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