



Potato Broccoli Cheddar Soup



Ingredients (Serves 6)

- 1 small onion, chopped
- 1 medium carrot, chopped
- 1 celery stalk, chopped
- 2 cloves garlic, minced
- 1 tbsp butter
- 2 tbsp flour, whole wheat or gluten-free flour
- 2 1/2 cups less sodium chicken broth, or vegetable broth
- 1 cup fat free milk
- 2 medium potatoes, peeled and diced small
- 1/4 tsp kosher salt and fresh pepper
- 4 cups broccoli florets, chopped into small pieces, about 2 heads
- 1-1/2 cups reduced fat shredded sharp cheddar
- 2 slices 2% cheddar or American cheese
- 1 tbsp Parmesan cheese

Directions

1. Chop onion, carrot, celery, garlic in a chopper or mini food processor.
2. In a large soup pot, melt butter. Add chopped vegetables and sauté on low heat until soft, about 5 minutes.
3. Add flour, salt and pepper to the pot and stir until smooth.
4. Add chicken broth, milk and potatoes and set heat to high until it comes to a boil, then cover and cook on low until potatoes are soft, about 10-15 minutes.
5. Add broccoli florets, Parmesan cheese, and stir well. Adjust salt and pepper to taste. Cook uncovered until broccoli is cooked, about 5 minutes.
6. Add cheddar and American cheese, stir well and remove from heat.
7. Using an immersion blender quickly blend part of the soup for a quick second or two. If you don't have an immersion blender, remove about 1-2 cups of potatoes and broccoli, place it in your chopper, then add it back to the soup. This helps thicken it a bit.

NUTRITION FACTS

Servings: 6
Serving: 1 1/3 cup

Amount per serving
Calories: 239
Carbohydrates: 25.5g
Protein: 16g
Fat: 9.5g
Saturated fat: 5 g

Cholesterol: 30mg
Sodium: 603mg
Fiber: 3.5g