



Broccoli Potato Soup



4 cups broccoli, chopped
1 small onion, chopped
4 cups low sodium chicken or
vegetable broth

1 cup evaporated skim milk
1 cup instant mashed potato flakes
Salt and pepper to taste, optional
1/2 cup shredded cheddar cheese

Instructions: Wash hands. Combine broccoli, onion and broth in large stewpot. Bring to boil; reduce heat. Cover and simmer 10 minutes or until vegetables are tender. Add milk to soup. Slowly stir in potatoes. Cook, stirring constantly, until thickened. Season with salt and pepper. If soup starts to become too thick, stir in a little more milk or water. Ladle into serving bowls. Sprinkle with 1 Tablespoon cheese over each serving.

Yield: 4 servings

Nutrition Facts (per serving): 194 calories, 5 grams fat, 310 milligrams sodium, 26 grams carbohydrate, 3 grams fiber, 15 grams protein