



Broccoli Cheddar Meal Replacement Soup

<u>U.S.</u>		<u>Metric</u>
1/2 cup (4-5 florets)	Broccoli, frozen	45g
8 oz	Water, hot	240mL
1 each	Potato Meal Replacement (44 g)	1 each
1 1/2 tsp	Nutritional Yeast	3.5g
1 tsp	Cheddar Cheese, shredded	5g
1/2 tsp	Chives, dried	1g
1/8 tsp	Garlic Powder	0.4g
1/8 tsp	Salt	0.75g
To Taste	Black Pepper, ground	To taste

Preparation:

1. Gather all ingredients and equipment.
2. In a kettle or small pot, bring water to a boil. Turn off the heat once boiling, and allow to cool while you complete the other steps of this recipe.
3. In a small microwave-safe bowl, heat broccoli for 2 minutes or until soft. Drain excess water.
4. Make sure the water is still hot, but has cooled to an appropriate temperature for soup. Place all ingredients in a blender, including heated broccoli, and blend until smooth. Enjoy!

Nutrition Facts

1 Servings

Serving size **1 1/2 cups**

Amount per serving

Calories **200**

Calories from Fat 14

Total Fat 1.5 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 0 g

Cholesterol 20 mg

Sodium 610 mg

Total Carbohydrate 27 g

 Dietary Fiber 5 g

 Total Sugars 1 g

 Includes 0g Added Sugars

Protein 20 g

Vitamin D 35 %

Calcium 29 %

Iron 28 %

Potassium 800 mg

Phosphorus 610 mg
