



Broccoli Cheddar Soup

This soup is a healthy and easy one pot meal that can be enjoyed by the whole family.

| U.S. | | Metric |
|-------------|-------------------------------------|---------------|
| 1 Tbsp | Olive Oil | 7.5 mL |
| 1 lb | Broccoli, frozen | 455 g |
| 1/2 lb | Cauliflower, frozen | 228 g |
| 1 cup | Onion, carrot, celery blend, frozen | 113g |
| 2 cloves | Garlic, minced | 6 g |
| 1/4 tsp | Salt | 1.5 g |
| 1/4 tsp | Black Pepper | 0.6 g |
| 1 cup | Cheddar, shredded | 113g |
| 1 Tbsp | Corn Starch | 7.5 g |
| 4 cup | Chicken Stock, low sodium | 946 mL |
| 1 cup | 1% Milk | 237 mL |

Preparation:

1. Gather all ingredients and equipment.
2. Heat olive oil in a medium sized pot on medium high heat.
3. Add frozen broccoli, cauliflower, onion, carrot, and celery blend, garlic, salt and pepper to pan and cook about 5 mins until vegetables begin to soften.
4. Mix cheddar and cornstarch and set aside.
5. Add 1% milk and chicken stock to the pot and bring to a boil. Reduce heat and simmer for 15 mins.
6. Add cheese and cornstarch mixture and stir to combine until cheese has completely melted.
7. Remove soup from heat and let cool slightly before adding to blender.
8. Blend about 2 minutes or until smooth.

****Nutrition Facts on Reverse**

Nutrition Facts

6 Servings

Serving size **1 cup**

Amount per serving

Calories **170**

Calories from Fat 80

Total Fat 9 g

 Saturated Fat 4 g

 Trans Fat 0 g

 Monounsaturated Fat 4 g

Cholesterol 20 mg

Sodium 620 mg

Total Carbohydrate 11 g

 Dietary Fiber 3 g

 Total Sugars 6 g

 Includes 0 g Added Sugars

Protein 10 g

Vitamin D 1 %

Calcium 20 %

Iron 2 %

Potassium 288 mg

Phosphorus 155 mg
