



Try it “Tuesdays”



Cream of Broccoli Soup

Makes: 4 (1 cup) servings

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Nutrition Facts

Serving Size 1 Cup (297g)
Servings Per Container 4

Amount Per Serving

Calories 190 Calories from Fat 80

% Daily Value

Total Fat 9g 14%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 25mg 8%

Sodium 520mg 22%

Total Carbohydrate 19g 6%

Dietary Fiber 4g 16%

Sugars 6g

Protein 11g

Ingredients

1 (10 ounce) package frozen, chopped broccoli

1 (8 ounce) can carrots or mixed vegetables, drained

1 (10 ounce) can cream of mushroom soup

1 soup can of milk

1/4 to 1/2 cup grated cheddar cheese

Directions

In a saucepan, prepare broccoli according to directions. Drain off water. Add carrots, cream of mushroom soup, and one can of milk to the broccoli. Stir over low heat until steaming hot and vegetables are cooked. Add cheese, stirring until melted. Serve hot. Refrigerate leftovers.

Be Creative! Use 2 of cooked, fresh broccoli instead of frozen broccoli. Use 1 cup frozen carrots or mixed vegetables instead of canned.



For more information, Contact your local EFNEP office