

# Broccoli Potato Soup

Yield 4 servings

## Ingredients

4 cups	broccoli (chopped)
1	onion (small, chopped)
4 cups	chicken or vegetable broth, low sodium
1 cup	evaporated milk, nonfat
1 cup	mashed potatoes, instant (prepared in water)
	salt and pepper (to taste, optional)
1/4 cup	cheese, shredded cheddar (or American)

## Instructions

1. Wash hands.
2. Combine broccoli, onion, and broth in large sauce pan.
3. Bring to a boil.
4. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
5. Add milk to soup. Slowly stir in potatoes.
6. Cook, stirring constantly, until bubbly and thickened.
7. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
8. Ladle into serving bowls.
9. Sprinkle about 1 Tablespoon cheese over each serving.

## Cost

Per recipe: \$7.86  
Per serving: \$1.96

## Source

Arizona Nutrition Network, Don't Play With Your Food: Fall and Winter Cookbook

Nutrition Facts	
Serving Size 1/4 of recipe (489g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 200	<b>Calories from Fat</b> 45
% Daily Value*	
<b>Total Fat</b> 5g	<b>8%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 400mg	<b>17%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 10g	
<b>Protein</b> 15g	
Vitamin A 20%	• Vitamin C 140%
Calcium 30%	• Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	