

Broccoli Soup



Ingredients:

- 16 ounces broccoli, fresh or frozen, chopped
- 1 medium yellow onions, chopped
- 1 clove garlic, chopped
- 1 carrot, shredded and chopped
- 5 cups low-sodium vegetable broth
- 2 cups unsweetened almond milk
- 2 tablespoons olive oil
- 1/4 cup flour
- 1 cup low-fat sharp cheddar cheese, shredded
- Croutons (Optional)
- Salt and Pepper (optional)

Directions:

1. Place olive oil in a large sauce pan on medium heat. Add onions and sauté until they are soft, about 5 minutes.
2. Add the garlic and carrots to the onions and cook for 2 more minutes.
3. Sprinkle the flour over the vegetables. Stir until mixed thoroughly.
4. Turn heat to medium high and add the milk, broth and broccoli. Bring to a boil and then turn heat back to low. Cover and simmer for 20 minutes, or until vegetables are tender.
5. Remove soup from heat and stir in the cheese.
6. Serve immediately.

Makes 4 Servings



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