

Cream of Broccoli Soup

From the National Dairy Council Recipe Index

<http://www.nationaldairyCouncil.org/Recipes/Pages/Cream-of-Broccoli-Soup.aspx>

Ingredients

- 1 ½ cups water
- 3 cups finely chopped fresh broccoli
- 2 tsp. canola oil
- 1 cup chopped onion
- 1 Tbsp. chopped garlic
- 1 Tbsp. flour
- 3 cups fat free (skim) milk
- ½ tsp. celery seeds
- ½ tsp. salt
- ½ tsp. pepper
- 1/8 tsp. cayenne pepper
- ¾ cup Parmesan cheese

Instructions

1. Combine the water and broccoli and boil over medium heat for 10 minutes. Remove from the heat and set aside.
2. In a large skillet, heat the oil and sauté the onion and garlic until translucent, about 5 minutes. Add the flour to the skillet, stirring constantly to mix. Add the liquid from the broccoli and cook until thickened, about 10 minutes. Add the milk, broccoli and spices and stir well.
3. Cook until hot, but do not allow the milk to boil. Top each serving with 1 teaspoon Parmesan cheese.

Makes 6 servings (1 cup per serving)

Nutrition information per serving:

Calcium	35.5% DV
Calories	146
Carbohydrate	15 g
Cholesterol	10 mg
Protein	11 g
Total Fat	5 g
Saturated Fat	2 g
Sodium	370 mg



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