

## Broccoli Cheese Soup

### Ingredients

- 1 Tablespoon butter
- 1½ teaspoon instant minced onion
- 3 Tablespoons flour
- ⅛ teaspoon pepper
- ¼ teaspoon celery salt
- 2 cups 1% milk
- 2 cups (8-ounces) low fat cheddar cheese, shredded
- 1 cup chicken broth, low sodium
- 1½ cups hot water
- 1 cup broccoli, cooked and chopped
- ⅛ teaspoon paprika

Makes 6 servings

### Instructions

1. Melt butter in a 3-quart saucepan over low heat. Add onion and cook until slightly browned.
2. Stir in flour and seasonings. Add milk gradually, stirring constantly.
3. Cook until thickened, stirring constantly. Add cheese and stir until melted. Remove from heat.
4. Add chicken broth into cheese mixture, stir well, and then add broccoli.
5. Heat thoroughly. Sprinkle with paprika.

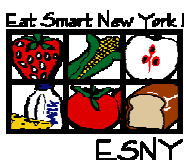
### Nutrition Facts

Serving Size 1 cup		Servings Per Container 6	
<b>Amount Per Serving</b>			
<b>Calories</b> 140	<b>Calories from Fat 50</b>		
<b>% Daily Value*</b>			
<b>Total Fat</b> 5g			<b>8%</b>
Saturated Fat 3.5g			<b>18%</b>
Trans Fat 0g			
<b>Cholesterol</b> 20mg			<b>7%</b>
<b>Sodium</b> 480mg			<b>20%</b>
<b>Total Carbohydrate</b> 9g			<b>3%</b>
Dietary Fiber 0g			<b>0%</b>
Sugars 5g			
<b>Protein</b> 13g			
Vitamin A 6%		Vitamin C 10%	
Calcium 25%		Iron 2%	
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>			
	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
<small>Calories per gram:</small>			
	Fat 9	Carbohydrate 4	Protein 4

32% calories from fat

**Source:** Cornell Cooperative Extension of Schoharie County.

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