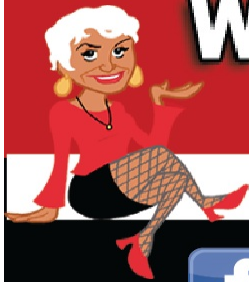


# WEIGHT ★ NO ★ MORE<sup>SM</sup> DIET CENTER



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## **BROCCOLI SOUP**

Basic Lifestyle

### Ingredients

- 1 TBS butter or margarine
- 1 onion, chopped
- 1 small bunch broccoli, coarsely chopped
- 1 can (14-1/2 oz.) chicken or vegetable broth (low sodium)
- 1 bay leaf
- 1/4 cup 1% milk
- 1 TBS unbleached or all-purpose flour
- 3/4 cup fat-free evaporated milk
- 1/8 TSP ground nutmeg
- 1/4 cup grated Parmesan cheese (optional)

### Instructions

1. Warm butter or margarine in a large saucepan over medium heat. Add onion and cook 5 minutes or until tender. Set aside 6 to 8 broccoli florets. Add broth, bay leaf and remaining broccoli to the saucepan. Heat to boiling. Cover, reduce heat to low, and simmer 10 minutes. Remove from heat. Cool slightly and remove and discard bay leaf.
2. Puree soup in a blender or food processor. Return to the pan.
3. In a small bowl, combine 1% milk and flour. Stir into soup along with evaporated milk and nutmeg. Cook over medium heat, stirring, until soup simmers and thickens. Add reserved broccoli florets. Cook 2 minutes. Serve sprinkled with cheese, if using.

**Portion-Per-Serving Information:** (Yields 4 servings)

Serving = 1 cup = 1 V, 1 M