



CREAM OF BROCCOLI SOUP

Basic Lifestyle

INGREDIENTS

4 1/4 cups reduced sodium chicken broth, or vegetable broth
1 medium onion, chopped (2/3 cup)
1 carrot, peeled and chopped (2/3 cup)
1 celery stalk, chopped
1 clove garlic, chopped
5 cups broccoli florets, 12 ounces
1/2 cup 2% milk
3 TBS reduced-fat sour cream, plus optional more for garnish
ground black pepper to taste
1/2 cup sharp lite cheddar cheese, shredded

INSTRUCTIONS

- In medium sized stock pot, bring chicken broth, onions, carrots, garlic, and celery to a boil. Cover and simmer 5 minutes.
- Add broccoli, milk and pepper and cook, covered, 10 more minutes.
- Add sour cream, and puree soup with an immersion blender.
- Adjust black pepper to taste and heat through over medium heat; stir in cheddar cheese and serve.

SERVING INFO: (Serves 4)

1 1/2 cups = 3 V, 1/2 M