Cream of Broccoli Soup
Makes 4 – 1 cup servings

Ingredients:
1 10 ounce package frozen broccoli, chopped
1 8 ounce can carrots or mixed vegetables, drained
1 10 ounce can cream of mushroom soup
1 soup can of low fat milk
¼ to ½ cup cheddar cheese, grated

Directions:
1. In a saucepan, prepare broccoli according to directions. Drain off water.
2. Add carrots, cream of mushroom soup, and one can of milk to the broccoli. Stir over low heat until steaming hot and vegetables are cooked. Add cheese, stirring until melted
4. Refrigerate leftovers.

Nutrition Facts
4 servings per container
Serving size 1 cup (450g)

Amount per serving
Calories 190
Total Fat 4.5g 6%
Saturated Fat 2g 10%
Trans Fat 0g
Cholesterol 15mg 5%
Sodium 490mg 21%
Total Carbohydrate 24g 9%
Dietary Fiber 3g 11%
Total Sugars 15g
Includes 0g Added Sugars 0%
Protein 13g

Vitamin D 3mcg 15%
Calcium 379mg 30%
Iron 1mg 6%
Potassium 780mg 15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Source: Eating Smart Being Active curriculum Colorado State University and University of California Extension

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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