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.

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

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

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