

## Broccoli and Cheese Soup

### Ingredients

2 cups broccoli  
1 can of vegetable broth (14 oz)  
2 cups 2%, 1%, or skim milk  
4 tablespoons wheat flour  
½ cup low fat cream cheese  
½ cup parmesan cheese  
½ teaspoon black pepper

### Directions

Cook broccoli in vegetable broth for five minutes.

In separate saucepan, mix milk, flour, cheeses, salt, and pepper. Boil until thickened, stirring constantly.

In blender, puree the cooked broccoli, some of the broth, and the milk mixture. Add to the remainder of broth.

Rewarm the soup and serve. Serves 4

### Nutrition Facts

Amount per serving (1/4th of recipe)

Calories: 226 | Total Fat: 11.3g | Saturated Fat: 6.7g | Monounsaturated Fat: 3.1g | Polyunsaturated Fat: 0.4g | Sodium: 785.6mg | Carbs: 18.1g | Fiber: 1.6g | Protein: 14.4g

### Note

Total fat may be slightly higher than the sum of individual fat totals due to rounding or lack of available information (some food items in the software do not have an indicated breakdown of mono- and polyunsaturated fats).

### Serving Suggestion

Garnish with fresh parsley.

