



Better-For-You Broccoli Cheddar Soup

Recipe Source: www.foodnetwork.com

Serves 6

Ingredients:

2 stalks broccoli
1 small onion, finely chopped
1 medium red-skinned potato, diced
¼ cup all-purpose flour
3 cups low-sodium chicken or vegetable broth
Salt and freshly ground black pepper
¼ tsp freshly grated nutmeg
1 cup grated extra-sharp Cheddar cheese
1 tsp Worcestershire sauce
1 (12 oz) can fat-free evaporated milk
2 scallions, thinly sliced

Steps:

- Separate the stems and the florets from the broccoli. Trim and discard the bottom of the broccoli stems and peel the tough outer layers, if desired. Finely chop the stems and coarsely chop the florets. Set aside separately.
- Mist a large pot with nonstick cooking spray and heat over medium heat. Add the broccoli stems, onions, and potatoes, and cook, stirring, until softened, 7-10 minutes.
- Add the flour and cook, stirring, until lightly toasted, 1-2 minutes. Stir in the broth and bring to a boil. Reduce the heat to maintain a simmer and continue to cook, stirring occasionally, until thickened and the vegetables are tender, 12-15 minutes.
- Meanwhile, combine the reserved florets and ½ cup water in a small saucepan. Bring to a boil, cover, and continue to steam until the florets are bright green and crisp-tender, about 5 minutes.
- Add the entire contents of the pot with the florets to the soup along with the nutmeg. Stir to combine and remove from the heat. Stir in the cheddar, Worcestershire sauce, and milk. Season with salt and pepper. Garnish with scallions.

Tips from the Test Kitchen: Leaving the peels on the potatoes will give extra vitamins and fiber, as well as add color to the soup. By using a sharp cheddar cheese instead of mild, you can use less cheese but still lots of flavor. Feel free to play around with other strong cheeses, such as smoked Gouda or swiss.



Nutritional Facts (per serving): Calories: 203, Carbohydrates: 24 grams, Protein: 12 grams, Total Fat: 7 grams, Saturated Fat: 4 grams, Cholesterol: 19 mg, Sodium: 504 mg, Fiber: 3 grams, Total Sugars: 10 grams.