

Creamy Broccoli Soup

Serves 4

2 cups broccoli, chopped
¼ cup celery, diced
½ cup onion, chopped
1 cup chicken or vegetable broth, low sodium
2 cups milk, skim or low-fat (1%)
2 tablespoons cornstarch
Dash of pepper
Dash of thyme
½ cup cheddar cheese, grated, low-fat

TIP:

- Serve with whole-wheat bread or a dinner roll.

1. Wash and chop fresh vegetables.
2. Pour broth into saucepan, stir in vegetables and bring to a boil.
3. Reduce heat to simmer and cover. Cook mixture about 8 minutes or until vegetables are tender.
4. In a separate bowl, combine milk, cornstarch, pepper, and thyme (be sure cornstarch is completely dissolved).
5. Add milk mixture to cooked vegetables. Stir constantly until the soup thickens. Bring just to a boil and remove from heat.
6. Stir in cheese until melted.

Nutrition Facts:

Serving size: 1 cup; Calories: 110; Fruits and Vegetables: 1 serving; Fat: 1.5 g; Fiber: 2 g

