



A Nutrition Resource

BROCCOLI POTATO SOUP

Yield: 4 Servings | Serving Size: 2 cups

Cost/serving: \$1.48

Ingredients:

- 4 cups chopped broccoli, fresh or frozen
- 1 small onion, chopped
- 4 cups chicken or vegetable broth, low sodium
- 1 cup evaporated milk
- 1 cup chopped cooked potatoes or mashed potatoes
- 1/4 teaspoon pepper
- Salt (optional, up to 1/2 teaspoon) *
- 1/4 cup cheese, shredded cheddar or American

Directions:

- 1) Combine broccoli, onion, and broth in a large saucepan. Bring to a boil.
- 2) Reduce heat to medium-low. Cover and simmer about 10 minutes or until vegetables are tender.
- 3) Add milk, pepper, and salt (if using); slowly stir in potatoes.
- 4) Cook for 3-5 more minutes, stirring constantly.
- 5) Divide soup into 4 bowls. Sprinkle cheese over each serving.

*If you happen to use regular broth (not low sodium), do not add the optional salt.

Nutrition Facts

4 servings per container
Serving size 2 cups (457g)

Amount per serving
Calories 200

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 210mg	9%
Total Carbohydrate 23g	8%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 0g Added Sugars	0%

Protein 11g	
Vitamin D 0mcg	0%
Calcium 263mg	20%
Iron 1mg	6%
Potassium 650mg	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.



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