

# Dairy Makes Sense



***Low-fat milk*** helps keep your bones and teeth strong!

[dairymakesense.com](http://dairymakesense.com)



# Hearty Cheese and Broccoli Soup

**Servings:** 8

**Prep Time:** 15 minutes

**Cook Time:** 30 minutes



## Ingredients:

- 2 tablespoons vegetable oil
- 1 cup diced onion
- ½ cup all-purpose flour
- 4 cups fat-free low-sodium chicken broth
- 4 cups fat-free milk
- 1 (16-ounce) package frozen chopped broccoli
- 3 cups peeled and diced potatoes
- 1½ cups shredded, low-fat sharp Cheddar cheese
- 1 tablespoon Worcestershire sauce

## Directions:

1. Add vegetable oil to a large pot. Heat over medium heat.
2. Add onion and cook until soft. This takes about 5-10 minutes.
3. Add flour and whisk to blend.
4. Gradually stir in broth and heat until slightly thick. This takes about 10-15 minutes. Continue to stir.
5. Add milk, broccoli, and potatoes. Cook over medium-low heat for 30 minutes. The broccoli and potatoes will be soft. Stir often.
6. Add in cheese and Worcestershire sauce. Stir until cheese is melted.

**Nutrition Facts Per Serving:** Calories: 230 Total Fat: 8 g Saturated fat: 2.5 g  
Cholesterol: 15 mg Sodium: 480 mg Carbohydrates: 28 g Dietary Fiber: 3 g  
Protein: 13 g Calcium: 40% Daily Value

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