

Broccoli-Cheese Soup

2 ½ cups fat-free, low-sodium chicken broth

6 ounces chopped fresh broccoli (about 2 cups) **or** 1 10-ounce package frozen chopped broccoli, thawed

1 medium carrot, chopped

1 medium rib of celery, chopped

¼ teaspoon salt

¼ teaspoon pepper

⅛ teaspoon ground nutmeg

1 cup fat-free half-and-half

3 tablespoons all-purpose flour

3 slices (about ¾ ounce each) low-fat sharp Cheddar cheese, torn into pieces, or ½ cup shredded low-fat sharp Cheddar cheese

- In a large saucepan, stir together the broth, broccoli, carrot, celery, salt, pepper, and nutmeg. Bring to a simmer over medium-high heat. Reduce the heat and simmer, covered, for 6 to 8 minutes, or until the vegetables are tender.
- In a small bowl, whisk together the half-and-half and flour. Stir into the saucepan. Simmer for 1 to 2 minutes, or until thickened, stirring occasionally.

- Add the cheese. Remove from the heat. Stir until the cheese is melted.

Tip: One of the best ways to reheat this soup and keep it from being scorched is to use a double boiler. Pour the soup into the top pan of the double boiler and heat over simmering water. If you don't have a double boiler, place a medium stainless steel bowl over a pan of simmering water. In either case, be sure the water in the bottom pan doesn't touch the top container.

Nutrition Analysis (per serving)

Calories	119	Carbohydrates	18 g
Total Fat	1.5 g	Fiber	2 g
Saturated fat	0.5 g	Sugar	6 g
Trans fat	0.0 g	Protein	11 g
Polyunsaturated fat	0.0 g		
Monounsaturated fat	0.5 g		
Cholesterol	3 mg		
Sodium	375 mg		

Dietary Exchanges

- 1 Vegetable
- 1 Other Carbohydrate
- 1 Very Lean Meat



Direct questions or comments to: Mary Beth Gurganus, LD/N, Jackson County Health Department, Healthy Communities, Healthy People Program, P O Box 310, 3045 4th Street, Marianna, Florida 32447, or email WellnessBuddy@doh.state.fl.us.

