CHEESY BROCCOLI POTATO SOUP

Ingredients:

1 onion, chopped
1 carrot, chopped
1 celery stalk, chopped
2 garlic cloves, minced
1 tbsp organic unsalted butter
2 tbsp whole wheat flour
2 1/2 cups less sodium chicken broth (or vegetable broth)
1 cup fat free milk
2 potatoes, diced
Salt and pepper to taste
½ tsp of garlic powder
½ tsp onion powder
4 cups chopped broccoli florets
1 package reduced fat sharp cheddar cheese
2 slices of 2% milk american cheese
1 tbsp Parmesan cheese

Directions:

1. Chop onion, carrot, celery, and garlic clove; set aside. Melt butter in pan and add chopped vegetables and saute for 5 minutes.

2. Add flour, salt, pepper, garlic powder, and onion powder to pan and stir. Add chicken broth, milk, and potatoes and cook for 15 minutes. Then add broccoli and parmesan cheese. Cook uncovered until broccoli for 5 minutes or until broccoli is soft. Add cheddar and american cheese and stir.

3. To thicken: Add 1 cup of potatoes and broccoli and chop in blender. Then add it back to soup.

Nutrition Facts:
Calories per 1 cup serving: 225
Carbohydrates: 25g
Protein: 15g
Fat: 9g