



Broccoli Cheddar Soup

This soup is a healthy and easy one pot meal that can be enjoyed by the whole family.

<u>U.S.</u>		<u>Metric</u>
1 Tbsp	Olive Oil	15 mL
1 lb	Broccoli, frozen	455 g
1/2 lb	Cauliflower, frozen	228 g
1 cup	Frozen Mirepoix Blend (onion, carrot, and celery)	113g
2 cloves	Garlic, minced	6 g
1/4 tsp	Salt	1.5 g
1/4 tsp	Black Pepper	0.6 g
4 Tbsp	Corn Starch	7.5 g
4 cup	Chicken Stock, low sodium	946 mL
1 cup	1% Milk	237 mL
1 cup	Cheddar, shredded	113g

Preparation:

1. Gather all ingredients and equipment.
2. Heat olive oil in a medium sized pot on medium high heat.
3. Add frozen broccoli, cauliflower, mirepoix blend, garlic, salt, and pepper to the pot and cook for about 5-10 minutes, until the vegetables begin to soften.
4. Make a slurry with the corn starch. Do this by mixing the corn starch with 4-6 Tablespoons of your chicken stock until a smooth paste forms. This will be used to thicken the soup.
5. Add 1% milk and chicken stock to the pot and bring to a boil. Once boiling, reduce to a simmer.
6. Whisk the cornstarch slurry into the simmering soup. Simmer for about 15 minutes, until soup is desired thickness.
6. Add cheese stir to combine until cheese has completely melted.
7. Remove soup from heat and let cool slightly before adding to blender.
8. Blend for 1-2 minutes, or until smooth.

Nutrition Facts

6 Servings

Serving size **1 cup**

Amount per serving

Calories **170**

Total Fat 9 g

 Saturated Fat 4 g

 Trans Fat 0 g

 Monounsaturated Fat 4 g

Cholesterol 20 mg

Sodium 620 mg

Total Carbohydrate 11 g

 Dietary Fiber 3 g

 Total Sugars 6 g

 Includes 0 g Added Sugars

Protein 10 g

Vitamin D 1 %

Calcium 20 %

Iron 2 %

Potassium 288 mg

Phosphorus 155 mg
