

Broccoli Cheddar Soup

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Ingredients:

- 1/2 cup chopped **onion**
- 1/2 cup grated **carrot**
- 3/4 teaspoon **butter**
- 1 cup **broth**
- 1 cup chopped **broccoli**
- 1/2 cup **nonfat** or **1% milk**
- 2 Tablespoons **flour**
- 1/2 cup grated **cheddar cheese**
- Pepper**, to taste

Makes: 2 cups

Directions:

1. In a medium saucepan over medium-high heat, sauté the onion and carrot in butter until the onions begin to brown.
2. Add the broth and broccoli. Simmer until the broccoli is tender, 5 to 7 minutes.
3. In a bowl, slowly stir the milk into the flour until smooth. Stir the milk mixture into the soup. Bring to a boil and continue stirring until slightly thickened, 3 to 5 minutes.
4. Add the cheese and pepper. Continue stirring over low heat until the cheese is melted. Serve hot. Turn off the stove.

