



Build Strong Bones



EFNEP

Expanded Food and Nutrition Education Program

Cream of Broccoli Soup

Makes: 4 (1 cup) servings

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Ingredients

- 1 (10-ounce) package frozen, chopped broccoli
- 1 (8-ounce) can carrots or mixed vegetables, drained
- 1 (10-ounce) can cream of mushroom soup
- 1 soup can of milk
- ¼ to ½ cup grated cheddar cheese

Directions

1. In a saucepan, prepare broccoli according to directions. Drain off water.
2. Add carrots, cream of mushroom soup, and one can of milk to the broccoli. Stir over low heat until steaming hot. Add cheese, stirring until melted
3. Serve hot.
4. Refrigerate leftovers.

Be Creative!

- Use 2 cups of cooked, fresh broccoli instead of frozen broccoli.
- Use 1 cup of frozen carrots or mixed vegetables instead of canned.

Nutrition Facts

Serving Size 1 Cup (297g)
Servings Per Container 4

Amount Per Serving

Calories 190 **Calories from Fat** 80

% Daily Value*

Total Fat 9g **14%**

Saturated Fat 5g **25%**

Trans Fat 0g

Cholesterol 25mg **8%**

Sodium 520mg **22%**

Total Carbohydrate 19g **6%**

Dietary Fiber 4g **16%**

Sugars 6g

Protein 11g

Eat Smart: Vary Your Veggies!

