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Broccoli Cheese Soup

Ingredients:

- 1 Tablespoon butter
- 1 ½ teaspoon instant minced onion
- 3 Tablespoons flour
- 1/8 teaspoon pepper
- ¼ teaspoon celery salt
- 2 cups 1% milk
- 2 cups (8-ounces) low fat cheddar cheese, shredded
- 1 cup chicken broth, low sodium
- 1 ½ cups hot water
- 1 cup broccoli, cooked and chopped
- 1/8 teaspoon paprika

Makes 6 servings - 32% calories from fat

Instructions:

1. Melt butter in a 3-quart saucepan over low heat. Add onion and cook until slightly browned.
2. Stir in flour and seasonings. Add milk gradually, stirring constantly.
3. Cook until thickened, stirring constantly. Add cheese and stir until melted. Remove from heat.
4. Add chicken broth into cheese mixture, stir well, and then add broccoli. Heat thoroughly. Sprinkle with paprika.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 6	
Amount Per Serving	
Calories 140	Calories from Fat 50
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 480mg	20%
Total Carbohydrate 9g	3%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 13g	
Vitamin A 6%	• Vitamin C 10%
Calcium 25%	• Iron 2%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	



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