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## Broccoli Soup

### Ingredients:

- 1 (10-ounce) package frozen chopped broccoli, thawed
- ¼ cup diced celery
- ¼ cup chopped onion
- 1 cup low sodium chicken broth
- 2 cups 1% milk
- 2 Tablespoons cornstarch
- ¼ teaspoon salt
- 1/8 teaspoon pepper
- ¼ cup grated Swiss cheese

*Makes 4 servings - 24% calories from fat*

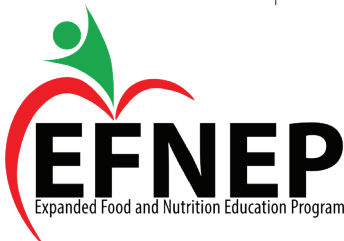
### Instructions:

1. In a medium saucepan combine broccoli, celery, onion and broth. Bring to a boiling, reduce heat, cover and cook until vegetables are tender (about 8 minutes.)
2. Mix milk, cornstarch, salt, and pepper; add to cooked vegetables. Cook, stirring constantly, until soup is lightly thickened and mixture just begins to boil.
3. Remove from heat. Add cheese and stir until melted. Serve hot.

### Note:

- Use 1½ cups leftover broccoli (chopped) in place of 10-ounce package.

Nutrition Facts	
Serving Size 1 cup	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 130</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol 10mg</b>	<b>3%</b>
<b>Sodium 250mg</b>	<b>10%</b>
<b>Total Carbohydrate 15g</b>	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 8g	
<b>Protein 9g</b>	
Vitamin A 20%	Vitamin C 70%
Calcium 25%	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
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
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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