

Broccoli Cheddar Soup



Servings: 4

*1/2 cup onion, chopped
1/2 cup unsalted butter
1/2 cup all-purpose flour
1/2 teaspoon salt
1/2 teaspoon black pepper
3 cups milk
1 1/2 cups vegetable stock
2 cups broccoli florets
1 cup cheddar cheese, grated*

In a sauce pan sauté the onion in butter until tender. Stir in all-purpose flour, salt, and pepper until blended.

Gradually add milk and vegetable stock. Bring to a boil. Cook and stir until thickened about 2 minutes.

Add broccoli and cook, stir until heated through. Remove the sauce pan from the heat.

Stir in cheddar cheese until melted.

Serve

Per Serving (excluding unknown items): 626 Calories; 49g Fat (69.6% calories from fat); 22g Protein; 26g Carbohydrate; 1g Dietary Fiber; 138mg Cholesterol; 1004mg Sodium; 11g Total Sugars; 1mcg Vitamin D; 647mg Calcium; 1mg Iron; 373mg Potassium; 458mg Phosphorus. Exchanges: .