

Broccoli Soup

4 SERVINGS, ABOUT 1 CUP EACH



Ingredients:

- 1-1/2 cups broccoli, chopped (see note)
- 1/4 cup celery, diced
- 1/4 cup onion, chopped
- 1 cup chicken broth, unsalted
- 2 cups nonfat milk
- 2 Tbsp. cornstarch
- 1/4 tsp. salt
- Dash pepper
- Dash ground thyme
- 1/4 cup Swiss cheese, shredded
- 1/4 cup nonfat plain yogurt (optional)

Directions:

1. Place vegetables and broth in saucepan. Bring to boiling, reduce heat, cover, and cook until vegetables are tender, about 8 minutes.
2. Mix milk, cornstarch, salt, pepper, and thyme; add to cooked vegetables. Cook, stirring constantly, until soup is slightly thickened and mixture just begins to boil.
3. Remove from heat. Add cheese and stir until melted. Top with a dollop of yogurt.

Note: A 10-ounce package of frozen chopped broccoli can be used in place of fresh broccoli.

Per Serving: 115 Calories; 3 grams Total fat; 256 mg Sodium
1 cup = 1/2 cup dairy; 1/2 cup vegetable