

Cheesy Broccoli Potato Soup



This lower-fat, creamy soup is lip-smacking, good!

Per serving: 150 calories, 5 g fat and 3 g saturated fat

Saves: 150 calories, 16 g fat and 10.5 g saturated fat over regular Broccoli Cheese Soup!

Serves: 12 person(s)

Yield: 12 x 1 cup servings

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Ingredients:

Broccoli Cheese Soup and other creamy soups are generally loaded with calories, fat, saturated fat, and sodium. For a healthier soup, this made-over recipe replaces the higher-calorie ingredients and uses skim milk, low-fat cheese, less butter, and reduced-sodium broth. Enjoy this soup, guilt-free!

Recipe Makeover:

4 Tbsp butter (or buttery spread)
1 cup chopped onion
1/2 cup flour
4 cup low-sodium chicken broth
4 cup fat-free milk
16 oz frozen chopped broccoli
2 cup raw peeled and diced potatoes
1 1/2 cup shredded cheddar cheese
1 Tbsp Worcestershire sauce
1 tsp salt
1/2 tsp pepper

Traditional Recipe:

3/4 cup butter
1 onion, chopped
2/3 cup flour
4 (14.5 oz) cans chicken broth
2 cup milk
16 oz frozen chopped broccoli
2 cup peeled and diced potatoes
1 lb processed cheese food, cubed (such as Velveeta)
1 Tbsp garlic powder

Directions:

Melt butter in large saucepan over medium heat, add onion and cook until tender. Add flour; stir until blended. Gradually stir in broth. Heat until slightly thickened. Add milk, broccoli and potatoes.

Cook over low heat about 15 minutes or until broccoli and potatoes are tender. Stir in seasonings and cheese (reserving some cheese for the garnish, if desired).

Nutritional Information (Per Serving)		
	<u>Makeover</u>	<u>Traditional</u>
Calories:	150	300
Fat	5.0 g	21.0 g
Cholesterol	15.0 mg	68.0 mg
Sodium	402 mg	821 mg
Saturated Fat	3.0 g	13.5 g