

# Creamy Broccoli Soup



**CHOICES**  
Steps Toward  
Health

Serves 4

2 cups broccoli, chopped  
1/4 cup celery, diced  
1/2 cup onion, chopped  
1 cup chicken or vegetable broth,  
low sodium  
2 cups milk, skim or low-fat (1%)  
2 tablespoons cornstarch  
Dash of pepper  
Dash of thyme  
1/2 cup cheddar cheese, grated, low-fat

1. Wash and chop fresh vegetables.
2. Pour broth into saucepan, stir in vegetables and bring to a boil.
3. Reduce heat to simmer and cover. Cook mixture about 8 minutes or until vegetables are tender.
4. In a separate bowl, combine milk, cornstarch, pepper, and thyme (be sure cornstarch is completely dissolved).
5. Add milk mixture to cooked vegetables. Stir constantly until the soup thickens. Bring just to a boil and remove from heat.
6. Stir in cheese until melted.

**TIP:** Serve with whole-wheat bread or a dinner roll.

**Nutrition Facts:** (made with skim milk): Serving size: 1 cup; Calories: 110; Fruits and Vegetables: 1; Fat: 1.5 g; Fiber: 2 g



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