



# Recipe Highlight: Dairy

## BROCCOLI CHEDDAR SOUP

**MAKES 4 SERVINGS**  
**SERVING SIZE: 1 CUP**

Adapted from Food Hero  
<https://foodhero.org/recipes/broccoli-cheddar-soup>

## INGREDIENTS

### Dairy

- 1 cup nonfat or 1% milk
- ½ cup shredded cheddar cheese (2 ounces)

### Vegetables

- 1 cup chopped onion
- 1 cup shredded carrot
- 2 cups chopped broccoli (fresh or frozen)

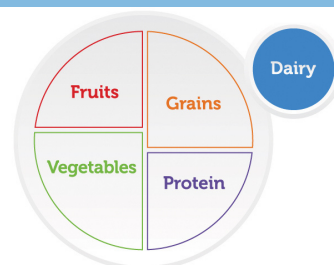
### Grains

- ¼ cup flour

### Other

- 1 ½ teaspoons margarine or butter
- 2 cups low-sodium broth (any type)
- ⅛ teaspoon pepper

## DIRECTIONS



1. In a medium saucepan over medium-high heat, saute onion and carrot in margarine or butter until onions begin to brown.
2. Add broth and broccoli. Simmer until broccoli is tender, 5 to 7 minutes.
3. In another container, slowly stir the milk into the flour until smooth. Stir the milk mixture into the soup.
4. Bring to a boil and continue stirring until slightly thickened, 3-5 minutes.
5. Add cheese and pepper. Heat over low heat until cheese is melted. Serve hot.