

# Eat Smart • Move More

## Broccoli Potato Soup

Prep Time: 5 minutes

Total Time: 20 minutes



### Ingredients

- 40 ounces frozen broccoli, chopped
- 4 cups water
- 1 onion, chopped
- 4 low-sodium chicken bouillon cubes
- 15 ounces nonfat evaporated milk
- 1 cup potato flakes
- ¼ cup reduced fat cheddar cheese, shredded

### Directions

- Combine broccoli, water, onion, and bouillon cubes in a stockpot. Bring to a boil and reduce heat. Cover and simmer until vegetables are tender, about 10 minutes.
- Add milk and slowly stir in potato flakes. Cook, stirring constantly, until thickened.
- Serve with sprinkled cheese on top.

### Nutrition Facts

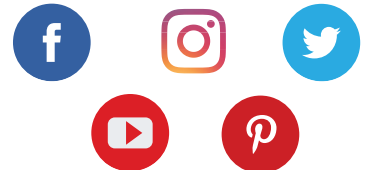
8 servings per container	
<b>Serving size</b>	<b>1 serving (338.16g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>120</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 20g	<b>7%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 9g	
Includes g of Added Sugars	
<b>Protein</b> 10g	
Vitamin D 1mcg	<b>6%</b>
Calcium 272mg	<b>20%</b>
Iron 1mg	<b>8%</b>
Potassium 572mg	<b>10%</b>

\*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Quick Tips

- ▶ For a vegetarian option, try with vegetable bouillon instead of chicken bouillon.
- ▶ 1 tablespoon of shredded cheese is enough for one serving.
- ▶ Just add whole-wheat bread and a salad for a complete, quick meal!

### Follow us | Like us



[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

This work was supported by the USDA National Institute of Food and Agriculture, Expanded Food and Nutrition Education Program. In accordance with Federal law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, disability, and reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.)



Virginia Tech • Virginia State University

Virginia Cooperative Extension programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, veteran status, or any other basis protected by law. An equal opportunity/affirmative action employer.

(Recipe adapted from SNAP-Ed Connection Recipe Finder, as listed at: <https://whatscooking.fns.usda.gov/>)

[www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)