

## **BROCCOLI CHEESE SOUP**

### **Recipe (6 servings):**

**1 cup chopped onion**

**2 garlic cloves, minced**

**2 ½ cups organic low sodium vegetable broth (Imagine brand has 140 mg sodium)**

**1 lb. broccoli florets, chopped fairly small**

**1/3 cup whole wheat flour (4tsp of arrow root flour or 4tsp of whole wheat flour or 2 Tbs of rice flour)**

**2 1/2 cups 1% milk**

**1/4 tsp. pepper and a pinch of sea salt**

**2 oz of any 1%, low fat sharp cheese**

**Pinch of allspice, ¼ tsp of nutmeg.**

### **Nutritional Information:**

**Calories: 110**

**Total Fat: 10 g**

**Cholesterol: 22.5**

**Sodium: 31mg**

### **Directions:**

**Spray cooking spray in a large sauce pan, cook the chopped onions and garlic and saute them for 3-5 min or until tender. Add the broccoli and let it cook for 5 min and add the vegetable broth and bring it to boil. Lower the heat and cook for few 5-10 minutes, until the broccoli is properly cooked (tender but not too soft). In a separate container, stir in the wheat flour in the milk and heat it for a minute, add 2 oz of 1% low fat sharp cheese to it and keep stirring till the cheese melts. Add it to the sauce pan, mix it well with the broth. You can churn it in the food processor to get a smoother texture. Heat it for some time. Add all spice, nutmeg and pepper as per your taste and stir well.**