



# Broccoli and Potato Soup

**Servings:** 4

**Serving Size:** 1 cup

## Ingredients:

- 1 head of broccoli, chopped (about 4 cups)
- 1 small onion, chopped
- 4 cups chicken or vegetable broth, low sodium
- 1 cup evaporated milk, nonfat
- 1 cup mashed potatoes, instant prepared with water, salt and pepper to taste
- ¼ cup shredded cheese

## Directions:

1. Combine broccoli, onion, and broth in large saucepan. Bring to a boil.
2. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
3. Add milk to soup. Slowly stir in potatoes. Cook, stirring constantly, until bubbly and thickened. Stir in a little more milk or water if soup becomes too thick.
4. Adjust the seasoning as needed.
5. Serve in bowls with 1 Tablespoon cheese sprinkled on each serving.

## Nutrition Facts

Serving Size 1 cup  
Servings Per Container 4

Amount Per Serving

Calories 210      Calories from Fat 70

% Daily Value\*

**Total Fat** 7g      **11%**

Saturated Fat 4g      **20%**

Trans Fat 0g

**Cholesterol** 15mg      **5%**

**Sodium** 410mg      **17%**

**Total Carbohydrate** 25g      **8%**

Dietary Fiber 3g      **12%**

Sugars 10g

**Protein** 13g

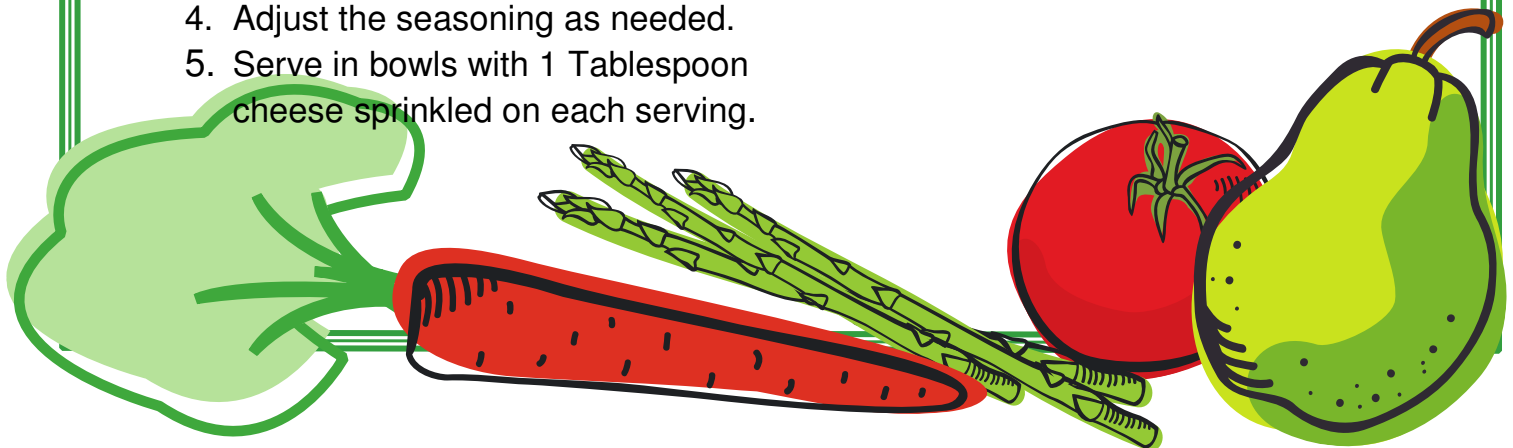
Vitamin A 8%      • Vitamin C 70%

Calcium 25%      • Iron 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4



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