



# Broccoli Cheese Soup

Prep: 15 minutes | Cook: 15 minutes | Total: 30 minutes

Yield: 4 servings | Serving Size: 1½ cups

## Ingredients

- 1 tablespoon olive oil
- 2 medium carrots, chopped (about 1 cup)
- ½ medium onion, diced (about ½ cup)
- 2 cloves garlic, minced (about 1 teaspoon)
- 2 tablespoons all-purpose flour
- 1 medium head broccoli, cut into bite-sized florets (about 3 cups)
- 2 cups (16 ounces) low-sodium chicken or vegetable broth
- 1 cup low-fat (1%) milk
- 1 teaspoon Dijon mustard
- 1 cup shredded reduced-fat cheddar cheese
- ½ teaspoon ground black pepper

## Directions

1. Heat a large saucepan or stockpot over medium heat.
2. Add oil and heat until shimmering.
3. Add onion and carrots. Cook, stirring occasionally, for 5 minutes.
4. Add the garlic and cook until fragrant, about 30-60 seconds.
5. Add the flour and cook while stirring for 1 minute.
6. Add the broccoli, broth, milk, and mustard. Stir to combine.
7. Bring to a boil then reduce heat to maintain a simmer and cook for about 5 minutes or until broccoli is tender.
8. Remove from heat and stir in the cheese and pepper.
9. Serve warm.

## Recipe Notes

- Store in the fridge for up to 4 days or freeze leftovers up to 3 months.
- If you prefer a smooth soup, puree the mixture with an immersion or standing blender.

**Nutrition Facts Per Serving: Calories: 220 | Total Fat: 11 g | Saturated Fat: 5 g  
Sodium: 270 mg | Total Carbohydrate: 18 g | Dietary Fiber: 3 g | Protein: 15 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



**VA** | U.S. Department  
of Veterans Affairs