

Cheesy Broccoli Soup

★ MENU IDEA: Cheesy broccoli soup, fruit, crackers or whole grain bread

Ingredients:

¼ cup water

2 to 2 ½ cups frozen chopped broccoli*

3 tablespoons flour

¼ teaspoon onion powder or garlic powder

¼ teaspoon black pepper

3 tablespoons margarine

2 cups nonfat milk

4 slices (3 ounces) American cheese

Optional: 6 to 8 drops hot pepper sauce (such as Tabasco)

Directions:

1. Heat water to boiling in 3-quart saucepan. Add broccoli. Cover and cook 1 to 2 minutes.
2. Pour broccoli into a dinner plate or cutting board (water will have cooked away), set aside.
3. In small bowl, combine flour, onion or garlic powder, and pepper.
4. Add margarine to saucepan and melt over medium heat. Add flour mixture and stir with whisk or fork until well mixed.
5. Gradually stir in milk, stirring constantly with whisk to keep sauce smooth. Cook over medium heat, stirring or whisking a few times until thick and bubbly, about 4 to 5 minutes.
6. Add broccoli to sauce and turn heat to low. Add cheese slices. Cook and stir about 2 minutes or until cheese melts. Serve immediately. If desired, add hot sauce to taste.

* Use frozen mixed vegetables, frozen peas, or chopped cooked potatoes instead of broccoli.

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