

Creamy Broccoli-Cheese Soup

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Servings: 6

Preparation Time: 15 minutes

Slow cooker time: 3 hours

1 quart low-sodium chicken broth

2 cups 1% milk

1 package (20 oz) frozen broccoli cuts, thawed

1/2 small onion, finely chopped

1/4 teaspoon black pepper

1 cup water

7 ounces Velveeta cheese, cut into 1/2-inch cubes (1 cup of packed cubes)

1 1/3 cups instant mashed potatoes

In the slow cooker bowl, combine the broth, milk, broccoli, onion, pepper and water.

Cover and cook on HIGH for 3 hours or LOW for 5 hours.

Whisk the Velveeta into the slow cooker until smooth.

Sprinkle the instant potatoes over the soup and whisk to combine.

Serve immediately.

Per Serving (excluding unknown items): 58 Calories; 3g Fat (26.2% calories from fat); 10g Protein; 6g Carbohydrate; trace Dietary Fiber; 3mg Cholesterol; 69mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 0 Vegetable; 1/2 Non-Fat Milk; 0 Fat.