

## **Broccoli and Cheddar Cheese Soup**

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**Servings: 4**

**Start to Finish Time: 30 minutes**

**2 (1/2-inch-thick) slices of bread, cut into 1/2-inch pieces**

**2 tablespoons olive oil**

**2 stalks celery, chopped**

**2 cloves garlic, finely chopped**

**1 onion, chopped**

**1 medium (8 oz) russet potato, cut into 1/2-inch pieces**

**1 bunch (1/4 pound) broccoli, stalks peeled and thinly sliced**

**Kosher salt**

**pepper**

**1 cup lowfat 1% milk**

**1/4 teaspoon freshly grated or ground nutmeg**

**6 ounces extra-sharp Cheddar cheese, coarsely grated**

Preheat oven to 400 degrees.

On a rimmed baking sheet, toss the bread with one tablespoon of the oil.

Bake until golden brown and crisp, about 5 to 7 minutes. Set aside.

Heat the remaining oil in a large saucepan over medium heat.

Add the celery, garlic, onion, potato, broccoli stalks, 3/4 teaspoon of salt and 1/4 teaspoon of pepper. Cook, covered, stirring occasionally, until just tender, about 5 to 6 minutes.

Meanwhile, cut the remaining broccoli into small florets. Add the florets and three cups of water to the vegetables. Cover and bring to a boil. Once boiling, the broccoli should be just tender. If not, simmer 1 to 2 minutes more.

Remove from the heat and using a handheld immersion blender (or a standard blender, working in batches and returning to the saucepan), puree the vegetable mixture.

Add the milk and nutmeg and simmer to heat through, about 2 minutes.

Add the cheese and stir until melted.

Serve with the croutons.

Yield: 8 cups

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Per Serving (excluding unknown items): 158 Calories; 8g Fat (41.6% calories from fat); 7g Protein; 18g Carbohydrate; 6g Dietary Fiber; 2mg Cholesterol; 91mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat.