

Soup and chili

Broccoli Cheese Soup

Taste of Home One-Dish Meals

Servings: 2

2 tablespoons onion, chopped

1 tablespoon butter

1 cup chicken broth

1 package (10 oz) frozen broccoli and cheese sauce, thawed

1/2 cup long grain rice, cooked

1/4 cup heavy whipping cream

In a small saucepan, cook onion in butter until tender.

Stir in broth and broccoli with sauce. Bring to a boil. Reduce heat; simmer, uncovered, for 4 minutes.

Add rice and cream. Cook 3 to 4 minutes longer or until heated through and broccoli is tender (do not boil).

Per Serving (excluding unknown items): 176 Calories; 17g Fat (88.0% calories from fat); 3g Protein; 2g Carbohydrate; trace Dietary Fiber; 56mg Cholesterol; 452mg Sodium. Exchanges: 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 3 1/2 Fat.