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# Broccoli Soup (Low Calorie)

*Patty Michaelson*

*Nettles Island Cooking in Paradise - 2014*

**2 heads broccoli (florets only)**

**1 medium onion, chopped**

**3 potatoes, diced**

**1 large can chicken broth**

**butter**

**grated Cheddar cheese**

Melt the butter in a pot. Add the onion and saute' lightly.

Add the broth, potatoes and broccoli. Simmer until all of the vegetables are soft.

Place the soup in a blender (or use a hand-held blender). Puree' the soup.

Serve with a sprinkle of cheese on the top, if desired.

**Soups, Chili, Stew**

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*Per Serving (excluding unknown items): 369 Calories; 2g Fat (4.5% calories from fat); 14g Protein; 76g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 788mg Sodium. Exchanges: 4 1/2 Grain(Starch); 1/2 Lean Meat; 1 1/2 Vegetable.*