

Swiss Broccoli Soup

Marion Brittain

Silverdale Chamber Of Commerce Favorite Recipes - 1991

Servings: 8

*5 1/2 cups whole milk
1 package (10 ounce)
frozen chopped broccoli
3 tablespoons chopped
onion
2 tablespoons butter
1 tablespoon flour
2 cups (8 ounce) grated
Swiss cheese
1/4 teaspoon salt*

In a large saucepan, heat the milk until simmering. Cook the broccoli and onion in the milk until tender.

In a small saucepan, melt the butter. Stir in the flour. Add the butter/flour mixture to the milk. Cook and stir for 3 minutes.

Remove from the heat and add the grated cheese and salt. Stir until the cheese is melted.

Serve immediately.

Per Serving (excluding unknown items): 133 Calories; 8g Fat (56.7% calories from fat); 6g Protein; 9g Carbohydrate; trace Dietary Fiber; 31mg Cholesterol; 178mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 1/2 Non-Fat Milk; 1 1/2 Fat.