

# BROCCOLI CHEDDAR SOUP



February 4

National Homemade Soup Day



## INGREDIENTS

- ¾ Cup Chopped Onion
- 4 Tablespoons Butter, Cubed
- ¾ Cup All-Purpose Flour
- ¾ Teaspoon Salt
- ¾ Teaspoon Pepper
- 4½ Cups Milk
- 2¼ Cups Chicken Broth
- 3 Cups Cooked Broccoli
- 12 Ounces (3 Cups) Shredded Cheddar Cheese

## DIRECTIONS

1. In a small saucepan, saute onion in butter until tender.
2. Stir in the flour, salt and pepper until blended; gradually add milk and broth.
3. Bring to a boil; cook and stir until thickened, about 2 minutes.
4. Add broccoli. Cook and stir until heated through.
5. Remove from the heat; stir in cheese until melted.

## MEAL PATTERN CONTRIBUTION

-  Meat/Meat Alternate
-  Vegetable

## MEAL TYPE

 Lunch/Supper

## YIELD

6 Cups

## PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	¾ Cup	1 Cup	1 Cup