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|  | **Ingredients** | **Step** |
| Broccoli Cheddar Soup | 1 cup  **onion**, chopped  1 cup  **carrot**, shredded  1 1⁄2 teaspoons  **margarine** or **butter**  2 cups  **broth**, any flavor  2 cups  **broccoli**, chopped (fresh or frozen)  1 cup  nonfat or 1% **milk**  1⁄4 cup  **flour**  1 cup  shredded **reduced fat cheddar cheese** (4 ounces)  1⁄8 teaspoon  **pepper** | 1. In a medium saucepan over medium-high heat, saute onion and carrot in margarine or butter until onions begin to brown.  Add broth and broccoli.  Simmer until broccoli is tender, 5 to 7 minutes. 2. In another container, slowly stir the milk into the flour until smooth.  Stir the milk mixture into the soup.  Bring to a boil and continue stirring until slightly thickened, 3-5 minutes 3. Add cheese and pepper.  Heat over low heat until cheese is melted.  Serve hot. 4. Refrigerate leftovers within 2 hours. |