

Broccoli Cheddar Soup

Recipe from diabeticconnect.com

Makes 6 servings

Ingredients:

1/4 cup whole wheat pastry flour
2 Tbsp extra virgin olive oil
4 cups low sodium and low fat chicken broth
1 pound frozen broccoli, thawed and chopped
4 cups shredded cheddar cheese
1 to 2 teaspoons garlic powder, to taste
Salt and pepper to taste
Pan spray

Directions:

1. Put oil in frying pan, add heat. Slowly start whisking flour, a little at a time until smooth and bubbly. Be sure to whisk well. Slowly whisk in chicken broth a little at a time keeping smooth and bubbly. When all chicken broth is mix in, remove from heat.
2. Pour mixture into prepared crock pot (spray first with pan spray)
3. Add broccoli.
4. Cook on low, covered, for 4 to 6 hours.
5. When cooked, add cheese 1 cup at a time being sure thoroughly melted before you add the next cup.
6. When done stir in salt/pepper and garlic to taste.

Nutrition Facts per Serving:

Calories 168
Total Fat 13 g
Saturated Fat 7 g
Trans Fat 0 g
Sodium 241 mg
Carbohydrate 4 g
Fiber 1 g
Protein 10 g