***NR# 178 LS LF BROCCOLI and CHEESE SOUP-Diabetes and Hearth Healthy Cookbook***

***Serving size: 6oz***

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| **Ingredients** | **25 Servings** | **50 Servings**  | **100 Servings**  |
| Canola oil | 3 1/8 tsp  | 6 ¼ tsp  | 1/4c  |
| Onion, finely chopped |  3 1/8 | 6 ¼  | 12 ½ |
| Garlic clove, minced | 6 ¼ | 12 1/2 | 25 |
| Broccoli Florets, chopped | 12 1/2c  | 25c | 50c |
| Low sodium vegetable broth | 6 1/4c  | 12 1/2c  | 25c |
| Dry mustard | 1 ½ tsp | 3 1/8 tsp | 6 ¼ tsp |
| Black pepper | ¾ tsp | 1 1/2tsp | 3 1/8 tsp |
| salt | ¼ tsp | 1/3 tsp | ¾ tsp |
| Fat free milk | 6 1/4c  | 12 1/2c  | 25c |
|  All Purpose Flour | 1 1/8c  | 2 1/8c | 4 1/8c  |
| Fat free half and half | 1 1/2c  | 3 1/8c | 6 1/4c |
| Low fat cheddar cheese, sliced or shredded | 6 ¼ ounces | 12 ½ ounces | 25 ounces  |
| Shredded or Parm cheese | 1/3c  | 3/4c  | 1.5c  |
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***Instructions:***

***1. In a large saucepan, heat the oil over medium heat, swirling to coat the bottom.***

***Cook the onion and garlic for 3-4 minutes or until the onion is almost soft, stirring frequently.***

***2. Stir in the broccoli, broth, mustard, pepper, hot sauce, and salt. Increase the heat to medium high and bring to a simmer.***

***Reduce the heat and simmer for 5 minutes or until the broccoli is tender, stirring occasionally.***

***3. In a medium bowl, whisk together the milk and flour. Stir in the soup. Simmer for 2-3 minutes for until the mixture thickened, stirring occasionally.***

***4. Stir in the half and half, cheddar cheese and parm cheese. Cook over medium lo heat for 1-2 minutes, or until the cheese have melted, stirring occasionally.***