

Cream of Broccoli Soup II

Prep time: 10 minutes

Cook time: 10 minutes

Makes: 4 Servings

Using pantry staples and frozen broccoli, this hearty soup can be made in 10 minutes. Use 1% or fat-free milk to keep it even healthier.

Ingredients

- 1 package** frozen, chopped broccoli (10 ounces)
- 1 can** carrots or mixed vegetables, drained
- 1 can** cream of mushroom soup (10 ounces)
- 1 1/4 cups** 1% low fat milk
- 1/3 cup** grated cheddar cheese, low-fat (can use 1/4 to 1/2 cup)

Directions

1. In saucepan, prepare broccoli according to directions. Drain off water.
2. Add carrots, cream of mushroom soup, and one soup can full of milk to the broccoli. Stir over low heat until steaming hot and vegetables are cooked. Add cheese, stirring until melted.
3. Serve hot.
4. Refrigerate leftovers.