



Broccoli and Cauliflower Soup

SERVES: 8-12 PREP TIME: 10 min. COOK TIME: 25 min.

Ingredients:

4 cups low-sodium chicken broth
2 cups chopped broccoli (fresh or frozen)
2 cups chopped cauliflower (fresh or frozen)
1 cup chopped celery
1 cup chopped carrots
1/2 cup chopped onion
4 cups milk
2/3 cup olive oil
2/3 cup flour
1 cup shredded cheddar cheese
4 ounces' low-fat cream cheese, softened
Salt and pepper to taste

Directions:

1. In a large stockpot, combine the broth and vegetables. Bring to a boil, then reduce heat. Simmer until the vegetables are tender.
2. Stir in the milk.
3. In a small saucepan, heat the olive oil, stir in the flour, whisking until smooth.
4. Add this mixture to the stockpot, stirring until well combined. Stir in the cheeses and simmer until melted and well combined, stirring.
5. If desired, blend the soup slightly in a blender. Season to taste with salt and pepper.

