

# Broccoli Cheese Soup

## Ingredients

- 1 cup onion, chopped
- 1/4 cup butter, without salt
- 5 cups broccoli, chopped
- 1 cup milk, 1% fat
- 1/2 cup water
- 1/2 tsp kosher salt
- 1/4 tsp black pepper
- 2 cups shredded mozzarella cheese, reduced fat

## Directions

1. Sauté onions in butter over medium high heat. Add broccoli and continue to cook for 2 minutes.
2. Add milk and water to pot. Season with salt and pepper. Simmer until broccoli is tender, about 7 minutes.
3. Add cheese slowly while mixture is at a simmer, constantly whisking until mixture is smooth and creamy.

## Notes

**Number of Portions:** 4

**Serving Size:** 1 cup

**Nutrition Facts:** 263 calories, 15.3 g fat, 9.67 g saturated fat, 594 mg sodium, 13.98 g carbohydrate, 3.22 g fiber, 5.7 g sugar, 19.5 g protein

