

Broccoli Potato Soup

A tasty, made-from-scratch soup that comes together quickly and is always a family favorite.

Makes: 4 servings

Ingredients

- 2 medium potatoes, peeled and cut into chunks
- 4 cups broccoli, chopped
- 1 small onion, chopped
- 4 cups low-sodium chicken broth (or vegetable broth)
- 1 cup evaporated milk
- salt and pepper to taste (optional)
- ¼ cup cheddar cheese, shredded



Directions

1. Add potatoes to a medium pot filled with water. Bring to a boil and cook potatoes until soft.
2. Drain potatoes then place in bowl and mash.
3. Combine broccoli, onion, and broth in large saucepan.
4. Bring to a boil. Reduce heat, cover and simmer for about 10 minutes or until vegetables are tender.
5. Add milk to saucepan. Slowly stir in mashed potatoes.
6. Cook, stirring occasionally, until bubbly and thickened.
7. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
8. Ladle into serving bowls and sprinkle with cheese.

Recipe from: *Don't Play With Your Food: Fall and Winter Cookbook*, Arizona Nutrition Network, adapted by the USDA Food and Nutrition Administration.

###

USDA is an equal opportunity provider, employer, and lender.