

# Delicious Broccoli, Bean & Cheddar Soup


*Serves 6*

*Size per serving: 9.4 oz*

## **Ingredients:**

14 fl-oz Broth, vegetable, low sodium

1 cup Water, tap, municipal

16 oz Broccoli, cuts, frozen 

14 oz Beans, cannellini, canned

¼ tsp Salt, table

¼ tsp Spice, pepper, black

1 cup Cheese, cheddar, shredded

## **Directions:**

Bring broth and water to boil in a saucepan over a high heat. Add the defrosted and drained broccoli and cook until tender, about 5 minutes. Drain and rinse the beans and add to the saucepan. Add the salt and pepper and cook through. Transfer half the mixture and half the cheese to a blender and puree. Repeat with the remaining mixture and cheese. Combine the pureed mixtures and serve warm.

**Per Serving 100 calories, 0g fat, 0g saturated fat, 0g trans fat, 560mg sodium, 5g fiber, 9g protein, 6% DV (daily value) for vitamin A, 40% DV for vitamin C, 20% DV for calcium and 6% DV for iron.**

**TREASURE BOX ITEMS=** 

