

Light and Creamy Broccoli Soup

Ingredients:

2 1/2 lbs fresh broccoli, chopped
1 tablespoon unsalted margarine
Water
2 cups fat free milk
1/2 cup light processed cheese, cubed

Preparation:

Remove any tough stalks from the broccoli and discard.
Place the chopped broccoli into the crock pot.
Dot the margarine over the broccoli.
Fill the crock pot with just enough water to cover the broccoli pieces.
Cover and cook on the high temperature setting for 2 hours.
Pour in the milk, recover and continue cooking 30 minutes.
Stir in the cheese, recover and continue cooking 20 minutes or until the cheese has completely melted into the soup.

Serving Size: 6

There's very little fat in this soup. If you want a little meat with your soup chop some cooked ham and add it to crock pot at the same time you add the broccoli.