

## Broccoli & Cheese Soup



### Makes:

8 servings

### Utensil:

Saladmaster Food Processor  
5 Qt./4.7 L Multi-Purpose Oil Core

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### Recipe:

### Contributed By:

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Authorized Saladmaster Dealer  
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### Recipe Description:

Adapted from original recipe by Janet Potts, RD, LD

1 cup  
onions, processed, use Cone #3  
(160  
g)  
1 cup  
celery, processed, use Cone #3  
(100  
g)  
32 ounces  
chicken broth, fat-free  
(950  
mL)  
10 ounces  
frozen chopped broccoli, thawed  
(284  
g)  
 $\frac{3}{4}$  teaspoon  
ground white pepper  
(1.5  
g)  
1  $\frac{1}{2}$  cups  
potatoes, strung, use Cone #2  
(225  
g)  
1 cup  
reduced-fat pasteurized prepared cheese product  
(224  
g)  
1  $\frac{1}{2}$  cups  
1% milk  
(350  
mL)

**Directions:**

1. Preheat MP5 to 250°C/120°C. When several drops of water sprinkled in roaster skitter and dissipate, add onions and celery. Sauté until onions are clear.
2. Add chicken broth, broccoli and pepper. Stir to combine and cover.
3. When Vapo-Valve™ clicks, reduce heat to 195°F/90°C and simmer for 10 - 15 minutes or until broccoli is tender.
4. Add potatoes and cheese. Stir until cheese is melted.
5. Stir in milk and continue to cook until heated through.

**Tips:**

- May substitute potatoes for 1 ½ cups dry instant potato flakes.
- Soup may also be made in the 5 Qt./4.7 L Roaster.

Nutritional Information per▼ Serving

**Calories:** 118  
**Total Fat:** 4g  
**Saturated Fat:** 2g  
**Cholesterol:** 14mg  
**Sodium:** 922mg  
**Total** 13g  
**Carbs:**  
**Dietary Fiber:** 2g  
**Sugar:** 7g  
**Protein:** 9g