

## Broccoli Soup

- 2 tbsp **olive oil**
- 1 **shallot**, chopped
- 1 clove **garlic**, chopped
- 1 head of **broccoli**, upper stems and florets, chopped
- 4 cups no-salt-added **broth**
- ½ tsp **salt**
- ½ tsp dried **thyme**
- ¼ cup shredded **cheddar cheese**

Add oil to soup pot on medium heat. Add shallot and garlic; sauté 1 minute. Add broccoli, broth, salt and thyme. Bring to a boil, reduce and simmer for 15 to 20 minutes or until broccoli is tender. Use immersion blender to purée in pot, or add to a blender and purée until smooth. Serve in soup bowls and garnish with cheddar cheese.



### Serves 4. Per serving (about 1 cup):

103 calories | 3g protein | 9g total fat | 2g saturated fat | 6g mono fat | 1g poly fat  
8mg cholesterol | 3g carbohydrate | 0g sugar | 1g fiber | 346mg sodium