

Broccoli Cheese Soup



Ingredients:

- 3 cups broccoli, chopped
- 1/8 tsp salt
- 1/8 tsp pepper
- 1/8 tsp garlic powder
- 2 cups chicken broth
- 4 light laughing cow cheese wedges
- 1/2 cup reduced fat shredded cheddar cheese

Directions:

In a medium sized pot, add chicken broth, broccoli, salt, pepper, and garlic powder

Bring to a gentle boil and then reduce heat. Simmer 12 to 15 min or until broccoli is tender. Add laughing cow cheese stirring until melted.

Use an immersion blender (or a blender in small batches) to puree the soup mixture. Pour into 2 bowls and stir in 1/4 cup cheese per bowl.

Makes 2 Servings

Serve with 3/4 Leaner or Leanest Protein