# Broccoli and Cauliflower Soup



## Ingredients (4 serving)

 1 cup chopped broccoli
1 cup chopped cauliflower
1/4 cup chopped onion
1/2 cup low-fat, low-sodium chicken broth
1 cup skim milk, divided
1 teaspoon cornstarch
1/4 cup (about 1<sup>1</sup>/2 ounces) finely chopped cooked lean ham
1/8 teaspoon ground black pepper
2 tablespoons shredded Swiss or

cheddar cheese

**Healthy add-in:** chopped green onion, diced red pepper (add in Step 2).

## Nutrition Information per serving

70 calories, 2 g fat, 1 g sat fat, 7 g protein, 7g carbohydrate, 1 g fiber, 190 mg sodium

# Instructions

- 1. Thoroughly wash hands for 20 seconds and clean all food preparation surfaces.
- In a covered saucepan, boil broccoli, cauliflower and onion gently in the chicken broth until tender, about 3 minutes. Remove from heat.
- **3.** Pour half of the mixture and <sup>1</sup>/<sub>2</sub> cup skim milk into a blender. Hold lid down and blend until smooth.
- 4. Return blended mixture to pan.
- In a jar with a tight-fitting lid, place <sup>1</sup>/2 cup skim milk. Add cornstarch and shake well. Pour into soup mixture.
- 6. Add ham and pepper to mixture. Boil over medium heat about 5 minutes, stirring occasionally.
- 7. Blend in cheese and stir until melted. Serve hot.

## CAULIFLOWER

**Choose:** cauliflower that is creamy white with densely packed florets that are free of blemishes, browning or wet spots. Smell it. If the cauliflower has a strong smell, it's past its prime.

**Store:** Place in a sealed plastic bag with a paper towel tucked in to absorb any excess moisture. Whole heads will keep in the refrigerator 4-7 days. Precut florets will keep no more than 4 days.

**How much?** 1 medium head = 2-3 pounds.

Source: Adapted from K-State Research and Extension, Department of Human Nutrition, Nutrition Spotlight (1999). Broccoli and Cauliflower Soup. Fix It Fresh! Kansas State University Agricultural Experiment Station and Cooperative Extension Service.



FoodWlse education is funded by the USDA Supplemental Nutrition Assistance Program – SNAP and Expanded Food and Nutrition Education Program - EFNEP. An EEO/AA employer, the University of Wisconsin-Madison Division of Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA) requirements.