**Ingredients:**

- 4 cups chopped broccoli (fresh or frozen)
- 2 cups low sodium chicken or vegetable broth*
- 1 cup 1% low-fat milk (UHT)*
- 1 cup dehydrated potatoes*
- 1 cup water
- 1 tsp. dill (optional)
- Salt and pepper to taste
- ¼ cup shredded cheese

* Items typically found in food pantries

**Directions:**

1. Bring 1 cup of water to a boil. Add 1 cup dehydrated potatoes. Stir until thick. Set aside.
2. Combine broccoli, onion, and broth in large sauce pan. Bring to a boil.
3. Reduce heat. Cover and simmer about 10 minutes or until vegetables are soft.
4. Add milk and dill to soup. Slowly stir in potatoes.
5. Cook, stirring constantly, until bubbly and thickened.
6. If soup becomes too thick, add small amounts of milk or water.
7. Add salt and pepper to taste.
8. Spoon into bowls and top with 1 tbsp. cheese.
Broccoli Potato Soup (Serves 5)

Nutrition Facts:
1 Serving
Calories – 194; Total Fat – 5 g; Saturated Fat – 2 g; Cholesterol – 10 mg; Sodium – 310 mg; Carbohydrate – 26 g; Dietary Fiber – 3 g; Total Sugars – 10 g; Protein – 15 g; Vitamin D – 1 mcg; Iron – 2 %; Calcium – 307 mg; Potassium 921 mg

MyPlate Food Groups:

1 1/2 cup Vegetables
3/4 cup Dairy

Recipe adapted from What’s Cooking USDA Mixing Bowl.

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