

Soup, Broccoli Cheese

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Cooking time:

3 minutes

	Recipe	Full	1/2
Yield:	pints	6	3

cups

6.1

Broccoli, frozen	small	cups	3	1 1/2
Broth, chicken		cups	2	1
Flour		cups	1/4	1/8
Milk, nonl fat		cups	3	1 1/2
Onion, chopped		cups	1	1/2
Garlic, chopped	spice	TBSP	2	1
Pepper, black	spice	teasp	1/4	1/8
Salt	spice	teasp	1/4	1/8

1.5

1.0

0.1

1.5

0.5

3

Add to bowl, Mix, Microway on high for 3 minutes

Cheese, Cheddar	shreded	cups	2	1
Cheese, Parmesan	shreded	cups	1/3	1/6
Cream		cups	1/2	1/4

1.0

0.2

0.3

Add & Mix until melted

Serve &/or Add to container(s) & Frig for days or Freezer for months