

# Creamy Broccoli Soup

*There's very little fat in this soup. The ingredients are simple for this warm and tasty broccoli soup. This healthy soup recipe idea is low in fat and makes a great healthy starter dish to any meal.*

Recipe Type: Appetizer, Crockpot, Soups

Degree of Difficulty: Easy

## Ingredients

2.5 lbs Broccoli  
1 Tbsp Margarine, unsalted  
2 cups Fat-free (skim) milk  
½ cup Swiss cheese, reduced fat  
Water



## Directions

- 1 Remove any tough stalks from the broccoli and discard.
- 2 Place the chopped broccoli into the crock pot.
- 3 Place the margarine over the broccoli.
- 4 Fill the crock pot with just enough water to cover the broccoli pieces.
- 5 Cover and cook on the high temperature setting for 2 hours.
- 6 Pour in the milk, cover and continue cooking 30 minutes.
- 7 Stir in the cheese, cover and continue cooking until the cheese has completely melted into the soup.

## Cooking Times

Preparation Time: 10 minutes

Cooking Time: 3 hours and 30 minutes

Total Time: 3 hours and 40 minutes

## Nutrition Facts

Nutrition (per serving): 113 calories, 3.2g total fat, 1.2g saturated fat, 7.8mg cholesterol, 249.7mg sodium, 13.9g carbohydrates, 0g fiber, 4.3g sugar, 11g protein.

Servings: 6

Yield: n/a

## Weight Watchers Points

Note: The broccoli was not included when calculating any of the Weight Watchers Points.

Orig. WW Pts: 1

Points Plus: 2

Smart Points: 2

FreeStyle Smart Points: 2

## Tips

If you want a little meat with your soup chop some cooked ham and add it to crock pot at the same time you add the broccoli.

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