

Three-Cheese Broccoli Soup

Best Slow Cooker Recipes
Pillsbury Classic Cookbooks #370

Servings: 9

2 tablespoons butter or margarine
1 large (1 cup) onion, chopped
1/3 cup all-purpose flour
2 cups half-and-half
3 cups chicken broth
1 bag (12 ounce) fresh broccoli florets, chopped
1 loaf (8 ounce) prepared cheese product, cut into cubes
4 ounces (1 cup) white cheddar cheese, shredded
4 ounces (1 cup) Gruyere cheese, shredded
1 cup (4 ounces) freshly shredded Parmesan cheese
additional shredded Parmesan cheese (if desired)

Preparation Time: 20 minutes

Spray a 3-1/2-quart slow cooker with cooking spray.

In a one-quart saucepan, melt the butter over medium-high heat. Cook the onion in the butter for 3 minutes, stirring occasionally, until tender. Stir in the flour. Cook and stir for 1 minute. Reduce the heat to medium. Gradually stir in the half-and-half. Cook for 3 to 5 minutes, stirring constantly, until thickened. Pour into the slow cooker. Stir in the broth and broccoli.

Cover and cook on LOW heat setting for two hours or until the broccoli is tender.

Add the cheese product, cheddar cheese, Gruyere cheese and Parmesan cheese. Stir until the cheeses are melted.

Sprinkle individual servings with additional Parmesan cheese.

Start to Finish Time: 2 hours 20 minutes

Per Serving (excluding unknown items): 255 Calories; 19g Fat (65.9% calories from fat); 17g Protein; 5g Carbohydrate; trace Dietary Fiber; 60mg Cholesterol; 442mg Sodium. Exchanges: 0 Grain(Starch); 2 Lean Meat; 0 Vegetable; 2 Fat.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	255	Vitamin B6 (mg):	.1mg
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% Calories from Fat:	65.9%
% Calories from Carbohydrates:	8.0%
% Calories from Protein:	26.1%
Total Fat (g):	19g
Saturated Fat (g):	11g
Monounsaturated Fat (g):	6g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	60mg
Carbohydrate (g):	5g
Dietary Fiber (g):	trace
Protein (g):	17g
Sodium (mg):	442mg
Potassium (mg):	137mg
Calcium (mg):	493mg
Iron (mg):	1mg
Zinc (mg):	2mg
Vitamin C (mg):	2mg
Vitamin A (i.u.):	718IU
Vitamin A (r.e.):	203RE

Vitamin B12 (mcg):	.8mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.2mg
Folacin (mcg):	17mcg
Niacin (mg):	1mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	2
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 9

Amount Per Serving

Calories 255 Calories from Fat: 168

% Daily Values*

Total Fat	19g	29%
Saturated Fat	11g	54%
Cholesterol	60mg	20%
Sodium	442mg	18%
Total Carbohydrates	5g	2%
Dietary Fiber	trace	2%
Protein	17g	
Vitamin A		14%
Vitamin C		3%
Calcium		49%
Iron		3%

* Percent Daily Values are based on a 2000 calorie diet.