



Better Broc ‘n Cheddar Soup



1/6 of recipe (about 1 cup): 125 calories, 6.5g total fat (3.5g sat. fat), 698mg sodium, 11.5g carbs, 3.5g fiber, 4.5g sugars, 8g protein

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Prep: 10 minutes **Cook:** 2–3 hours or 4–5 hours



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Ingredients

- 5 cups chopped cauliflower
- 4 cups chopped broccoli
- 3 cups chicken broth
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 1/2 cup shredded reduced-fat cheddar cheese
- 1/2 cup light/reduced-fat cream cheese, room temperature

Directions

Place all ingredients except cheddar cheese and cream cheese in a slow cooker. Stir to mix.

Cover and cook on high for 2–3 hours or on low for 4–5 hours, until veggies are soft.

Using a slotted spoon, transfer half of the veggies to a blender. Add cheddar cheese, cream cheese, and about 1 cup of the liquid from the slow cooker. Puree until smooth.

Return pureed mixture to the slow cooker, and mix well.

MAKES 6 SERVINGS

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