
Broccoli Cheese & Noodle Soup



Servings: 12

1. In a large saucepan heat butter; add onion and sauté over medium heat for 3-5 minutes, adding the garlic during the last minute. Do not brown or burn the onions and garlic. Add broth, heat to boiling. Gradually add noodles and salt so that the broth continues to boil. Cook, uncovered, for 3 minutes, stirring occasionally.
2. Chop up the broccoli stems first, into very small chunks and add to the soup. While that's cooking for a minute or two, chop up all the broccoli tops and add them; cook for 4 minutes more. Add milk, cheese and pepper and continue stirring until the cheese melts, stirring constantly. Taste for seasoning (salt?) A serving is about 1 1/4 cups per bowl.
3. Pour this into an already heated crock pot near the end, if you're taking it somewhere, or for easy buffet serving.

Yield: 14 cups

Per Serving (excluding unknown items): 266 Calories; 15g Fat (45.3% calories from fat); 18g Protein; 22g Carbohydrate; 2g Dietary Fiber; 59mg Cholesterol; 838mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 1 Fat.

2 tablespoons butter
3/4 cup onion, chopped
1 clove garlic, crushed
6 cups low-sodium chicken broth
6 ounces egg noodles, small (tiny) noodle type or any kind of smallish pasta
1 teaspoon salt (optional)
1 pound fresh broccoli (or 2 pkgs frozen, chopped broccoli)
4 cups milk
1 pound Velveeta cheese, cubed (or use Fontina)
pepper to taste

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>