Cheesy Broccoli & Potato Soup

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Parents

**Servings:** 4

Ingredients

* **2** teaspoons olive oil
* **1/2** onion, chopped
* **1** medium potato, peeled and diced into 1/2-inch pieces
* **3** cups broccoli, chopped
* **3** cups low-salt vegetable stock
* **1** cup reduced-fat Monterey Jack cheese, shredded

Directions

In a large stockpot, heat oil and saute the onion for 5 to 7 minutes over low to medium heat. Add potatoes, broccoli, and stock; bring to a boil. Reduce to a simmer and cook, covered, for 12 to 15 minutes or until broccoli and potatoes are tender when pierced with a fork.

Remove the mixture from stove top; allow to cool a bit. Pour the mixture and cheese into a blender; puree. (Or use a handheld blender to do it right in the stockpot.)