

# 1 Tip of a flat belly :

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[Cheesy Broccoli and Potato Soup](#) – johanna

November 6th, 2009 | Filed under: [RECIPES - Appetizer](#), [RECIPES - Soup / Salad](#)



A couple of years ago I bought a recipe book for kids. You know the one that shows you how to transform food into edible art? Supposedly kids will gobble down sandwiches in the shape of a caterpillar or a bowl of soup with a roll in the shape of a pig. Maybe my kids are not in the norm. They will go for ants on a log (celery, peanut butter and raisins) but not the vegetable shark.

Tonight an interesting thing happened at dinner. Our oldest decided he was not going to eat the soup because it was green. We tried coming up with a clever title for the soup but he was not buying it. I reminded him of our rules. You have to take at least one bite of something new. Eventually he survived the agony of slurping one spoonful of green stuff only to declare it “disgusting.” Soon the kids went outside to play while I started to clear the table. I was loading the dishwasher when I noticed Mason hiding by the table dipping a roll into the pot of soup and eating it.

I really enjoyed this version of a [potato soup](#). The soup uses broth in the place of milk resulting in a lovely light yet filling soup. Serve with a nice green salad. Cheesy broccoli potato soup would also pair well with a main course of grilled fish.

Source: Adapted from an unknown magazine clipping

Serves 4 generously

1 tbsp olive oil

1/2 onion, chopped

3 cloves garlic broken into pieces

1 medium potato, peeled and diced into 1/2-inch pieces

3 cups broccoli, chopped

3 cups low sodium vegetable or chicken stock

1/2 tsp salt

1/4 tsp pepper

1 cup reduced-fat Monterey Jack cheese, shredded

Tips:

-If using finely shredded cheese add a heaping cup full.

-Use the whole broccoli crown and stem. Peel the tough outer skin off before chopping.

-Can use broth, stock or bullion.

-If you like a little more texture do not puree the soup too much leaving plenty of bit sized potato pieces.

In a large stockpot, heat oil and saute the onion for 5-7 minutes over low to medium heat. Add potatoes, broccoli and stock; bring to a boil. Reduce to a simmer and cook, covered for 12-15 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 into a blender and puree or use a handheld blender mixing right in the pot.

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