**Broccoli, Cannellini Bean & Cheddar Soup**

<http://www.eatingwell.com/recipes/broccoli_cannellini_bean_cheddar_soup.html>

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White beans pureed into this broccoli soup make it extra creamy so you don't need heaps of cheese to do the job. Serve with a crunchy whole-grain roll and a glass of winter ale.

**6 servings, scant 1 cup each** | **Active Time:** 20 minutes | **Total Time:** 20 minutes

**Ingredients**

* 1 14-ounce can reduced-sodium chicken broth, or vegetable broth
* 1 cup water
* 1 pound broccoli crowns, trimmed and chopped (about 6 cups)
* 1 14-ounce can cannellini beans, rinsed (see Tip)
* 1/4 teaspoon salt
* 1/4 teaspoon ground white pepper
* 1 cup shredded extra-sharp Cheddar cheese

**Preparation**

1. Bring broth and water to a boil in a medium saucepan over high heat. Add broccoli, cover and cook until tender, about 8 minutes. Stir in beans, salt and pepper and cook until the beans are heated through, about 1 minute.
2. Transfer half the mixture to a blender with half the cheese and puree. (Use caution when pureeing hot liquids.) Transfer to a bowl. Repeat with the remaining broccoli mixture and cheese. Serve warm.

**Nutrition**

**Per serving :** 152 Calories; 7 g Fat; 4 g Sat; 0 g Mono; 20 mg Cholesterol; 15 g Carbohydrates; 11 g Protein; 6 g Fiber; 558 mg Sodium; 491 mg Potassium

1/2 Carbohydrate Serving

**Exchanges:** 1 starch, 1 vegetable, 1 1/2 lean meat

**Tips & Notes**

* **Tip:** While we love the convenience of canned beans, they tend to be high in sodium. Give them a good rinse before adding to a recipe to rid them of some of their sodium (up to 35 percent) or opt for low-sodium or no-salt-added varieties. (These recipes are analyzed with rinsed, regular canned beans.) Or, if you have the time, cook your own beans from scratch.