

Vegetable Cheese Soup

Makes: 4 servings

Ingredients

- 2 cups** water
- 3 cups** mixed vegetables, fresh or frozen (chopped)
- 1/4 cup** onion (chopped)
- 1 teaspoon** salt
- 1/2 teaspoon** curry powder (optional)
- 1 cup** dry milk, non-fat
- 1 cup** water
- 1 1/2 tablespoons** cornstarch
- 1/2 cup** Swiss cheese (cut into small pieces)

Directions

1. Bring 2 cups water to a boil. Add vegetables, onions, salt and curry powder. Cook, covered, until almost tender.
2. Mix dry milk, 1 cup water and cornstarch together. Add to partially cooked vegetables.
3. Cook over medium heat, stirring often, until thickened.
4. Add cheese and stir until melted. Add more water if too thick.

Notes

Store leftovers covered in the refrigerator.

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Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	210	
Total Fat	5 g	8%
Protein	13 g	
Carbohydrates	27 g	9%
Dietary Fiber	3 g	12%
Saturated Fat	3 g	15%
Sodium	450 mg	19%