

Cheeseburger Chowder II

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Servings: 8

Yield: 8 one cup servings

1/2 pound ground beef
1 onion, chopped
2 tablespoons flour
2 cans (14-1/2 ounce ea) fat-free
reduced-sodium chicken broth
1 can (14-1/2 ounce) diced tomatoes,
undrained
3/4 pound Velveeta cheese, cut into
1/2-inch cubes
4 teaspoons sweet pickle relish
40 unsalted saltine crackers

Preparation Time: 10 minutes

In a large saucepan, brown the ground meat with the onions. Drain.

Stir in the flour. Cook and stir for 2 minutes.

Add the broth and tomatoes. Cook on medium-low heat for 5 minutes or until heated through.

Stir in the Velveeta. Cook and stir for 8 to 10 minutes or until the Velveeta is completely melted and the soup is heated through.

Spoon into soup bowls. Top with the relish.

Serve with crackers.

Start to Finish Time: 35 minutes

You can add one shredded carrot with the meat and onions.

You can save 40 calories and 5 grams of fat, including 3 grams of saturated fat, per serving by preparing with lean ground beef and 2% milk Velveeta.

Per Serving (excluding unknown items): 108 Calories; 8g Fat (63.5% calories from fat); 5g Protein; 5g Carbohydrate; 1g Dietary Fiber; 24mg Cholesterol; 42mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	108	Vitamin B6 (mg):	.1mg
% Calories from Fat:	63.5%	Vitamin B12 (mcg):	.8mcg
% Calories from Carbohydrates:	17.0%	Thiamin B1 (mg):	trace
% Calories from Protein:	19.5%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	8g	Folacin (mcg):	9mcg
Saturated Fat (g):	3g	Niacin (mg):	2mg
Monounsaturated Fat (g):	3g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0

Cholesterol (mg):	24mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	42mg
Potassium (mg):	139mg
Calcium (mg):	7mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	5mg
Vitamin A (i.u.):	144IU
Vitamin A (r.e.):	14 1/2RE

% Daily Values 0 0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1/2
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 108 **Calories from Fat:** 69

% Daily Values*

Total Fat 8g	12%
Saturated Fat 3g	15%
Cholesterol 24mg	8%
Sodium 42mg	2%
Total Carbohydrates 5g	2%
Dietary Fiber 1g	2%
Protein 5g	
Vitamin A	3%
Vitamin C	9%
Calcium	1%
Iron	4%

* Percent Daily Values are based on a 2000 calorie diet.