

Cheeseburger Chowder

www.campbellsKitchen.com

Servings: 8

Yield: 8 two-cup servings

1 pound ground beef
1 large (1 cup) onion, chopped
2 cans (26 ounce ea) condensed cream
of mushroom soup
2 soup cans milk
1 cup (4 ounces) Cheddar cheese,
finely shredded
1 cup seasoned croutons

Preparation Time: 10 minutes

In a three-quart saucepan over medium-high heat, cook the beef and onion until the beef is well browned, stirring often to separate the meat. Pour off any fat.

Stir the soup and milk in the saucepan. Cook until the mixture is hot and bubbling.

Stir in 1/2 cup of the cheese. Cook and stir until the cheese is melted.

Divide the soup among eight serving bowls. Top each bowl with one tablespoon of the remaining cheese and two tablespoons of croutons.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 377 Calories; 29g Fat (68.2% calories from fat); 17g Protein; 13g Carbohydrate; 1g Dietary Fiber; 73mg Cholesterol; 836mg Sodium. Exchanges: 1/2 Grain(Starch); 2 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 4 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

| | |
|--------------------------------|-------|
| Calories (kcal): | 377 |
| % Calories from Fat: | 68.2% |
| % Calories from Carbohydrates: | 13.9% |
| % Calories from Protein: | 18.0% |
| Total Fat (g): | 29g |
| Saturated Fat (g): | 12g |
| Monounsaturated Fat (g): | 10g |
| Polyunsaturated Fat (g): | 4g |
| Cholesterol (mg): | 73mg |

| | |
|---------------------|--------|
| Vitamin B6 (mg): | .2mg |
| Vitamin B12 (mcg): | 1.9mcg |
| Thiamin B1 (mg): | .1mg |
| Riboflavin B2 (mg): | .3mg |
| Folacin (mcg): | 19mcg |
| Niacin (mg): | 3mg |
| Caffeine (mg): | 0mg |
| Alcohol (kcal): | 0 |
| % Refuse: | 0.00% |

| | |
|--------------------|-------|
| Carbohydrate (g): | 13g |
| Dietary Fiber (g): | 1g |
| Protein (g): | 17g |
| Sodium (mg): | 836mg |
| Potassium (mg): | 317mg |
| Calcium (mg): | 207mg |
| Iron (mg): | 2mg |
| Zinc (mg): | 3mg |
| Vitamin C (mg): | 2mg |
| Vitamin A (i.u.): | 229IU |
| Vitamin A (r.e.): | 69RE |

Food Exchanges

| | |
|----------------------|-------|
| Grain (Starch): | 1/2 |
| Lean Meat: | 2 |
| Vegetable: | 0 |
| Fruit: | 0 |
| Non-Fat Milk: | 0 |
| Fat: | 4 1/2 |
| Other Carbohydrates: | 0 |

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

| | | |
|-----------------|-----|------------------------|
| Calories | 377 | Calories from Fat: 257 |
|-----------------|-----|------------------------|

% Daily Values*

| | | |
|----------------------------|-------|-----|
| Total Fat | 29g | 44% |
| Saturated Fat | 12g | 61% |
| Cholesterol | 73mg | 24% |
| Sodium | 836mg | 35% |
| Total Carbohydrates | 13g | 4% |
| Dietary Fiber | 1g | 3% |
| Protein | 17g | |

| | |
|------------------|-----|
| Vitamin A | 5% |
| Vitamin C | 4% |
| Calcium | 21% |
| Iron | 9% |

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