

Cheese Soup

*A Thyme For All Seasons
Best of the Best from Minnesota Cookbook*

Servings: 6

*1/2 cup butter
1/2 cup flour
4 cups milk
1/2 cup carrots, grated
1/4 cup onions, finely
chopped
1 stalk celery, chopped
1/4 cup green pepper, finely
diced
1 pint chicken broth
1/4 pound Cheddar cheese
sherry (optional)*

In a saucepan, melt the butter. Blend in the flour and then the milk. Cook until thickened, while stirring constantly.

Parboil the carrots, onion, celery and green pepper in the chicken broth.

In a double-boiler, melt the cheese. Add to the milk mixture. Add the vegetables. Bring to a boil.

When serving, add one tablespoon of sherry to each bowl. Top each bowl with a design cut from a slice of cheese. Sprinkle parsley, if desired. Garnish with popcorn.

Per Serving (excluding unknown items): 372 Calories; 28g Fat (66.3% calories from fat); 13g Protein; 18g Carbohydrate; 1g Dietary Fiber; 83mg Cholesterol; 618mg Sodium. Exchanges: 1/2 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 5 Fat.