
Cheese Soup III

Home Cookin - Junior League of Wichita Falls, TX - 1976

4 tablespoons butter
1/2 cup diced carrots
1/2 cup diced green pepper
1/2 cup minced onion
1/2 cup minced celery
1/3 cup flour
1 quart chicken stock
12 ounces mild Cheddar cheese, grated
1/8 teaspoon baking soda
1 quart milk
salt
white pepper
2 tablespoons chopped celery

In a soup pot, melt the butter. Add the vegetables. Cook until tender, but not browned. Blend in the flour. Cook for 1 minute, stirring constantly.

Add the chicken stock and cook until thick. Add the cheese and baking soda and stir until it melts. Add the milk and stir until it makes a smooth sauce. Season with salt and pepper.

Add parsley before serving if desired.

Yield: 2 quarts

Soups, Chili, Stew

Per Serving (excluding unknown items): 1304 Calories; 80g Fat (56.9% calories from fat); 42g Protein; 95g Carbohydrate; 5g Dietary Fiber; 257mg Cholesterol; 9725mg Sodium. Exchanges: 2 Grain(Starch); 2 1/2 Vegetable; 4 Non-Fat Milk; 15 Fat.