

Golden Cream Soup (Cheesy Vegetable)

Rhonda Simmons - Eldon, MO

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Servings: 4

*1 can (14-1/2 ounce) clear
chicken broth
3 cups potato, cubed
1/2 cup carrot, diced small
1/4 cup chopped onion
1 teaspoon parsley flakes
1/2 teaspoon salt
dash pepper
1/2 pound Velveeta cheese,
cubed
1 1/2 cups milk
2 tablespoons flour
1 can (6-1/2 ounce) minced
clams, drained
chopped fresh broccoli or
cauliflower (optional)*

Preparation Time: 15 minutes

Cook Time: 20 minutes

In a two-quart saucepan, combine the chicken broth, potato, carrot, onion, parsley flakes, salt and pepper. Cover and simmer for 15 to 20 minutes until the vegetables are tender.

Add the milk and flour alternately, stirring constantly.

Add the cheese and clams and keep stirring until the cheese melts and the mixture thickens.

Best when served with hot French bread.

Per Serving (excluding unknown items): 170 Calories; 3g Fat (16.8% calories from fat); 6g Protein; 30g Carbohydrate; 3g Dietary Fiber; 12mg Cholesterol; 324mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Non-Fat Milk; 1/2 Fat.