
Golden Vegetable Soup

Tom Kramer - Dayton's Rochester

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

1 cup water
1/2 cup celery, diced
1/2 cup carrots, diced
1/2 cup chopped broccoli
1/2 cup chopped cauliflower
1 ounce onion, diced
1/4 teaspoon salt
1/4 teaspoon pepper
1 tablespoon flour
1 cup skim, 1% or 2% milk
2 ounces pasteurized process cheese spread, cubed

In a two-quart saucepan, combine the water and the vegetables. Heat to boiling. Reduce the heat. Simmer for 15 minutes or until tender.

In a tightly covered jar, shake the salt, pepper, flour and milk until thoroughly mixed. Stir into the vegetable mixture.

Heat to boiling. Boil and stir for 1 minute until thickened. Stir in the cheese until melted.

Yield: 3 cups

Soups, Chili, Stew

Per Serving (excluding unknown items): 89 Calories; trace Fat (4.4% calories from fat); 4g Protein; 20g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 628mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Vegetable; 0 Fat.