

# Velvety Vegetable-Cheese Soup

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**Servings: 6**

**Yield: 6 one cup servings**

*1 package (16 ounce) frozen broccoli, cauliflower and carrot blend*

*2 cans (14 ounce ea) fat-free reduced-sodium chicken broth*

*3/4 pound (12 ounces) Velveeta, cut into 1/2-inch cubes*

In a large covered saucepan on medium-high heat, bring the vegetables and broth to a boil. Simmer on low heat for 10 minutes or until the vegetables are tender. Remove from the heat.

Mash the vegetables to the desired consistency.

Stir in the Velveeta cheese. Cook, stirring frequently, for 5 minutes or until the Velveeta is completely melted and the soup is heated through.

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Per Serving (excluding unknown items): 18 Calories; 1g Fat (62.8% calories from fat); 1g Protein; 1g Carbohydrate; 0g Dietary Fiber; 4mg Cholesterol; 90mg Sodium. Exchanges: 0 Lean Meat; 0 Fat; 0 Other Carbohydrates.