VEGETABLE CHEESE SOUP

SERVES 4

INGREDIENTS

3 cups water, divided
3 cups canned or frozen mixed vegetables, drained
1/4 cup onion, chopped
1/2 teaspoon curry powder
1 cup instant non-fat dry milk
1 1/2 tablespoons cornstarch
1/2 cup Swiss or cheddar cheese

DIRECTIONS

1. Bring 2 cups water to a boil in a medium pot. Add vegetables, onions and curry powder. Cook covered, about 5 minutes.
2. Mix dry milk, 1 cup water, and cornstarch together in a bowl or cup. Add to vegetables.
3. Cook over medium heat, stirring often, until thickened.
4. Add cheese and stir until melted. Add more water if soup is too thick.

NUTRITIONAL INFORMATION:

Calories: 250
Fat: 4 grams (g)
Saturated Fat: 2.5 grams (g)
Trans Fat: 0 grams (g)
Cholesterol: 20 milligrams (mg)
Carbohydrates: 35 grams (g)
Dietary Fiber: 4 grams (g)
Protein: 18 grams (g)
Sodium: 380 milligrams (mg)
Calcium: 530 milligrams (mg)
Vitamin C: 9 milligrams (mg)
Iron: 2 milligrams (mg)

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