

SOUPS, SANDWICHES & BURGERS

Velveeta Broccoli Potato soup

1 cup celery, diced

1 cup carrots, diced

1 cup potatoes, diced

2 cups broccoli florets, cut

1 Tbsp butter spray

2-3 chicken bouillon cubes

1 quart fat free 1/2 and 1/2

1 quart skim supreme milk

1/2 cup flour

3/4 cup water

1 1/2 cups light (2% milk) Velveeta cheese (block)- cubed

Put veggies in 1 quart ...water and cook on high. Remove from heat and drain. While veggies are still in pot, add 1/2 and 1/2, skim milk, butter spray, and bouillon cubes. Stir until bouillon dissolves. Turn heat down to low. In separate bowl combine 1/2 cup flour and 3/4 cup water. Whisk until blended. Stir mixture into vegetable mixture in the pot and mix until heated and thickened. Stir in cheese cubes until melted and well blended.

Serves 8 (1 1/2 cups) @ 4 Points