

VEGETABLE-CHEESE SOUP

Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 1 cup

Nutrition (per serving)

Calories: 71

Total Carbohydrate: 12

Total Fat: 1 g

Dietary Fiber: 2 g

Saturated Fat: 0 g

Protein: 4 g

Sodium: 384 mg

Ingredients

1 (10-ounce) package frozen mixed vegetables, thawed

1 small onion, diced

2 tablespoons, all-purpose flour

½ teaspoon dried Italian seasoning

¼ teaspoon salt

1/8 teaspoon pepper

1 cup water

1 cup skim milk

- 1 teaspoon chicken-flavored bullion granules
- ¼ cup (1 ounce) shredded low-fat American cheese
- 2 teaspoons Dijon mustard

Directions

1. Combine mixed vegetables and onion in a medium saucepan.
2. Combine flour, Italian seasoning, salt, and pepper, stirring well; add to vegetables, and stir to coat.
3. Combine water and milk; add bouillon granules, stirring until granules dissolve. Add to vegetable mixture, and bring to a boil.
4. Cook, stirring constantly, 5 minutes or until mixture is thickened and bubbly.
5. Reduce heat to low; add cheese and mustard, stirring to blend. Serve immediately.