

Creamy Vegetable-Cheese Soup

It's not uncommon to joke about something called process cheese loaf. Well, folks, it really comes in handy for this simple and delicious soup supper--give it a try!

- 4 ounces fat-free process cheese product loaf, cubed
- 3 1/2 cups fat-free (skim) milk
- 1/2 teaspoon chili powder
- 2 cups cooked brown rice
- 1 bag (1 pound) frozen cauliflower, carrots and asparagus, thawed and drained

1. Heat cheese and milk in 3-quart saucepan or 4-quart Dutch oven over low heat, stirring frequently, until cheese is melted. Stir in chili powder.
2. Stir in rice and vegetables; cook until hot.

Per Serving: Calories 135 (Calories from Fat 20); Total Fat 2 g (Saturated Fat 1 g); Cholesterol 10 mg; Sodium 29 mg; Total Carbohydrate 23 g (Dietary Fiber 2 g); Protein 8 g

% Daily Value: Vitamin A 96%; Vitamin C 10%; Calcium 20%; Iron 2%

Exchanges: 1 Starch; 1 Vegetable; 1/2 Lean Meat

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