



Lighter Cheeseburger Soup

Makes 8 servings

Ingredients:

- 1/2 lb. ground beef
- 3/4 cup chopped onion
- 3/4 cup shredded carrots
- 3/4 cup diced celery
- 1 teaspoon dried basil
- 1 teaspoon dried parsley flakes
- 3 cups chicken broth
- 3 cups diced peeled potatoes
- 2 tablespoons margarine (low-fat)
- 3 tablespoons all-purpose flour
- 6 oz. processed American cheese, cubed
- 1 1/2 cups skim milk
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1/4 cup sour cream

Nutrition Facts	
Serving Size about 1 1/4 cups (322g)	
Servings Per Container 8	
Amount Per Serving	
Calories 300	Calories from Fat 130
% Daily Value*	
Total Fat 14g	22%
Saturated Fat 7g	34%
Trans Fat 1g	
Cholesterol 40mg	13%
Sodium 790mg	33%
Total Carbohydrate 27g	9%
Dietary Fiber 2g	9%
Sugars 7g	
Protein 18g	
Vitamin A 45%	Vitamin C 20%
Calcium 25%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 85g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Directions: Remember to Wash Your Hands!

1. In a 3-quart saucepan, brown beef; rinse and drain, then set beef aside.
2. In same saucepan, sauté onion, carrots, celery, basil and parsley in 1/2 cup chicken broth until vegetables are tender, about 10 minutes.
3. Add the remaining broth, potatoes and beef; bring to a boil. Reduce heat, cover and simmer for 10-12 minutes or until potatoes are tender.
4. In a small skillet, melt margarine. Add flour and milk; cook and stir for 3-5 minutes or until bubbly. Add flour mixture and bring to a boil, then reduce heat to low.
5. Add cheese, salt and pepper, cooking until cheese melts.
6. Remove from heat and stir in sour cream.

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