

Broccoli Cheese Soup (Could also use carrots, cauliflower, celery, a half package of frozen spinach, etc.) NEW

Cook covered 3/4 cup of broccoli, fresh or frozen in 1 cup of water.

When broccoli seems "done," prepare:

1 1/2 tbs cornstarch in 1/4 cup of water.

Add slowly, stirring carefully to the cooked broccoli and water. Thicken over moderate heat, stirring with a spoon so that it does not burn.

Prepare 2 scoops of Cambridge Potato Soup in the usual fashion. When the consistency that you desire has been reached, pour the prepared Cambridge Potato Soup mixture into the thickened broccoli preparation. Stir to mix well.

Pour into a bowl and sprinkle 2 1/2 tsp of Kraft Parmesan Cheese over the top. Total calories for this recipe is about 205.