

CAMBRIDGE SOUP

When you feel like something hot, this really hits the spot.
It is really filling!

YOU GET GOOD NUTRITION AND 1 OF THOSE 5 SERVINGS OF
VEGETABLES THAT WE ARE SUPPOSED TO EAT EVERY DAY.

Vegetables are extremely low calorie.

If you are not adding any food to your Cambridge Products, Do Not Add the food to your soup. You may add the seasonings of your choice.

Cook one large package of frozen vegetables of your choice in your microwave. We like, carrots, or broccoli, or mixed vegetables. You can use canned asparagus if you like it. You can also add chopped cooked onion, garlic or celery to the soup.

Heat one large mug of water in the micro until hot.

(8 to 10 ounces of water)

Pour in your blender

Add the following:

2 scoops, Cambridge Chicken, Potato or Mushroom Soup.

(Whatever you have) You might want to try 1 scoop chicken and 1 scoop mushroom for a change.

½ cup cooked vegetable of your choice or mixed vegetables.

Remember to leave the blender lid slightly ajar when you use a hot liquid in the blender. You can hold a paper towel over the opening if necessary.

You may add the seasonings of your choice.

Try Garlic powder, Onion powder, Curry powder, Chilli powder and black pepper if you want. You could also add salsa if you choose.

Or whatever you like. You may want to add a little more salt, if you don't have high blood pressure. If you have any bouillon cubes, you can add one of those also.

You can add sliced mushrooms if you like them. They are very low calorie. For 100 more calories per serving, you can add ½ cup rice.