

# Vegetable Cheese Soup (FDD)

**Makes:** 4 Servings

Using fat-free powdered milk for this recipe will cut calories and saturated fat. Prepared instant nonfat dry milk can be used in recipes calling for milk, such as casseroles, mashed potatoes, or soups, like this recipe for Vegetable Cheese Soup.

## Ingredients

**1 cup** instant nonfat dry milk

**2 cups** water

**3 cups** canned mixed vegetables (drained)

**1/4 cup** onion (chopped)

**1/2 teaspoon** curry powder (if you like)

**1 cup** water

**1 1/2 tablespoons** cornstarch

**1/2 cup** Swiss or cheddar cheese (cut into small pieces or shredded)

## Directions

1. Bring 2 cups water to a boil in a medium pot. Add vegetables and onions. If using curry powder, add that too. Cook, covered, until onion is almost soft.
2. Mix dry milk, 1 cup water, and cornstarch together in a bowl or cup. Add to vegetables.
3. Cook over medium heat, stirring often, until thickened.
4. Add cheese and stir until melted. Add

more water if soup is too thick.

**Source:** Recipe adapted from SNAP-ED Connection Recipe Finder