

# #QUARANTINE KITCHEN

Budget-Friendly Recipes  
Using Canned & Dry Foods

## Vegetable Cheese Soup (Makes 4 servings.)

### Ingredients

- 2 c. water
- 3 c. canned mixed vegetables, drained
- ¼ c. onion, chopped
- ½ tsp. curry powder (optional)
- 1½ c. milk
- 1 ½ Tbsp. cornstarch
- ½ c. cheese (cut into small pieces or shredded)
- Salt and pepper to taste

### 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.

Nutrition info: Serving size: ¼ of recipe, Calories 130, Fat 3g, Protein 8g, Fiber 5g, Sodium 300mg, Carbohydrate 18g.

Recipe developed by UAEX SNAP-Ed.

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