

# **Canadian Cheese Soup**

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**Servings: 8**

**3 slices (1 oz) pumpernickel bread, cut into 1/2-inch cubes**  
**1 onion, peeled and quartered**  
**1 carrot, peeled and quartered**  
**1 stalk celery, quartered**  
**1 teaspoon butter**  
**3/4 cup all-purpose flour**  
**2 cans (16 oz) fat-free, low-sodium chicken broth, divided**  
**3 cups 2% low-fat milk**  
**1/2 teaspoon salt**  
**1/2 teaspoon paprika**  
**1/2 teaspoon freshly ground black pepper**  
**1 1/2 cups (6 oz) reduced-fat sharp cheddar cheese, shredded**

Preheat oven to 375 degrees.

Place the bread cubes on a jelly-roll or sheet pan. Bake for 15 minutes or until toasted.

While the croutons bake, place the onion, carrot and celery in a food processor. Pulse until chopped.

Melt the butter in a large saucepan over medium-high heat. Add the vegetables. Saute' for 5 minutes or until tender.

Weigh or lightly spoon the flour into a dry measuring cup. Level with a knife.

Gradually add one can of broth to the flour in a medium bowl. Stir well with a whisk.

Add the flour mixture to the saucepan. Stir in the remaining can of broth. Bring to a boil.

Reduce the heat to medium and cook for 10 minutes or until thick.

Stir in the milk, salt, paprika and pepper. Cook for 10 minutes.

Remove the saucepan from the heat. Add the cheese, stirring until the cheese melts.

Ladle the soup into bowls and serve with the croutons. (serving size: 1 cup of soup and 1/4 cup croutons).

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Per Serving (excluding unknown items): 133 Calories; 3g Fat (18.8% calories from fat); 6g Protein; 21g Carbohydrate; 2g Dietary Fiber; 8mg Cholesterol; 273mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 1/2 Non-Fat Milk; 1/2 Fat.