

Cheese & Ale Soup

KraftRecipes.com

Servings: 8

Yield: 8 one-cup servings

5 slices bacon, chopped
1/2 cup leeks (white and green parts), chopped
3 cloves garlic, minced
2 tablespoons flour
1 1/2 quarts (6 cups) milk
1 pound Velveeta cheese, cut into 1/2-inch cubes
3/4 cup beer or ale
3 tablespoons fresh parsley, chopped

Preparation Time: 10 minutes

Cook the bacon, leeks and garlic in a large saucepan on medium-high heat for 7 to 9 minutes or until the bacon is crisp, stirring frequently. Drain and discard the drippings. Return the bacon mixture to the pan.

Stir in the flour. Cook and stir on medium heat for 1 minute. Gradually stir in the milk. Cook for 8 minutes or until slightly thickened, stirring frequently.

Add the Velveeta. Cook for 5 minutes or until completely melted, stirring frequently.

Stir in the beer. Cook for 2 minutes or until heated through, stirring occasionally.

Serve topped with parsley.

Start to Finish Time: 35 minutes

Per Serving (excluding unknown items): 60 Calories; 4g Fat (52.5% calories from fat); 3g Protein; 4g Carbohydrate; trace Dietary Fiber; 10mg Cholesterol; 87mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	60	Vitamin B6 (mg):	trace
% Calories from Fat:	52.5%	Vitamin B12 (mcg):	.2mcg
% Calories from Carbohydrates:	27.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	20.1%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	4g	Folacin (mcg):	5mcg

Saturated Fat (g): 2g
Monounsaturated Fat (g): 1g
Polyunsaturated Fat (g): trace
Cholesterol (mg): 10mg
Carbohydrate (g): 4g
Dietary Fiber (g): trace
Protein (g): 3g
Sodium (mg): 87mg
Potassium (mg): 103mg
Calcium (mg): 59mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 4mg
Vitamin A (i.u.): 131IU
Vitamin A (r.e.): 24 1/2RE

Niacin (mg): trace
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 0
Lean Meat: 0
Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 1/2
Other Carbohydrates: 0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 60 **Calories from Fat:** 32

% Daily Values*

Total Fat 4g	5%
Saturated Fat 2g	8%
Cholesterol 10mg	3%
Sodium 87mg	4%
Total Carbohydrates 4g	1%
Dietary Fiber trace	1%
Protein 3g	
Vitamin A	3%
Vitamin C	7%
Calcium	6%
Iron	2%

* Percent Daily Values are based on a 2000 calorie diet.