

Cheese and Brew Soup

Ruth Abbott

Beyond The Village Gate 1985 - Parmadale Community - Parma, Ohio

Servings: 6

1/4 cup butter or margarine
1/3 cup carrots, grated
1/3 cup onion, grated
1/4 cup all-purpose flour
1/2 teaspoon dry mustard
1/2 teaspoon paprika
4 cups chicken broth, divided
1 cup Cheddar cheese (or more), shredded
2 cups half-and-half cream
1 can (12 ounce) beer or ale
1 cup diced potatoes, parboiled

In a large, heavy saucepan, melt the butter. Add the carrots and onions. Cover and cook for 5 minutes over low heat.

Blend in the flour, mustard and paprika. Stir in 1-1/2 cups of broth and the cheese. Stir until the cheese melts.

Stir in the remaining broth, the half-and-half, beer and potatoes. Simmer for 30 minutes, stirring occasionally.

The half-and-half may be diluted with milk, if desired.

Per Serving (excluding unknown items): 140 Calories; 9g Fat (56.2% calories from fat); 5g Protein; 11g Carbohydrate; 1g Dietary Fiber; 21mg Cholesterol; 591mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	140
% Calories from Fat:	56.2%
% Calories from Carbohydrates:	30.6%
% Calories from Protein:	13.2%
Total Fat (g):	9g
Saturated Fat (g):	5g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	21mg
Carbohydrate (g):	11g

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.2mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	18mcg
Niacin (mg):	3mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Dietary Fiber (g): 1g
 Protein (g): 5g
 Sodium (mg): 591mg
 Potassium (mg): 324mg
 Calcium (mg): 16mg
 Iron (mg): 1mg
 Zinc (mg): trace
 Vitamin C (mg): 6mg
 Vitamin A (i.u.): 2395IU
 Vitamin A (r.e.): 282RE

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 140 Calories from Fat: 78

% Daily Values*

Total Fat	9g	13%
Saturated Fat	5g	25%
Cholesterol	21mg	7%
Sodium	591mg	25%
Total Carbohydrates	11g	4%
Dietary Fiber	1g	4%
Protein	5g	

Vitamin A	48%
Vitamin C	11%
Calcium	2%
Iron	5%

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