

Spicy Cheeseburger Soup

*Best Slow Cooker Recipes
Pillsbury Classic Cookbook #370*

Servings: 6

1 pound ground beef round
3 cups half-and-half
1/4 teaspoon freshly ground black pepper
1 loaf (16 ounce) spicy Buffalo prepared cheese product, cut into cubes
3 (3/4 cup) plum Tomatoes (Roma), chopped
1 1/2 cups shredded lettuce
1/2 cup red onion, chopped
18 slices dill pickles

Preparation Time: 15 minutes

Spray a 3-quart slow cooker with cooking spray.

In a ten-inch skillet, cook the beef over medium-high heat for 5 to 7 minutes, stirring frequently, until thoroughly cooked. Drain.

In the slow cooker, stir the beef, half-and-half, pepper and cheese until blended.

Cover and cook on low heat setting for five hours. About 5 minutes before serving, stir the soup.

Top individual servings with tomatoes, lettuce, onions and pickles.

Start to Finish Time: 5 hours 15 minutes

If you prefer a milder soup, use regular prepared cheese rather than the spicy variety.

Per Serving (excluding unknown items): 43 Calories; trace Fat (7.8% calories from fat); 2g Protein; 10g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 2502mg Sodium. Exchanges: 0 Grain(Starch); 2 Vegetable; 0 Fat.

Slow Cooker, Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	43	Vitamin B6 (mg):	trace
% Calories from Fat:	7.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	79.6%	Thiamin B1 (mg):	trace
% Calories from Protein:	12.6%	Riboflavin B2 (mg):	trace
Total Fat (g):	trace	Folacin (mcg):	11mcg
Saturated Fat (g):	trace	Niacin (mg):	trace
Monounsaturated Fat (g):	trace	Caffeine (mg):	0mg

Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	10g
Dietary Fiber (g):	3g
Protein (g):	2g
Sodium (mg):	2502mg
Potassium (mg):	285mg
Calcium (mg):	30mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	7mg
Vitamin A (i.u.):	4291IU
Vitamin A (r.e.):	428 1/2RE

Alcohol (kcal):	0
% Daily Values*	0 0%

Food Exchanges

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

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	43	Calories from Fat:	3
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% Daily Values*

Total Fat	trace	1%
Saturated Fat	trace	0%
Cholesterol	0mg	0%
Sodium	2502mg	104%
Total Carbohydrates	10g	3%
Dietary Fiber	3g	11%
Protein	2g	
Vitamin A		86%
Vitamin C		12%
Calcium		3%
Iron		7%

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