

Cheeseburger Soup

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Serves 8 – 8 Points/264 Calories per serving – you can reduce the points by using reduced fat cheese, skim milk, and light butter.

- 1 pound 96% ground beef
- 3/4 cup chopped onion
- 3/4 cup shredded carrots
- 3/4 cup diced celery
- 1 teaspoon dried basil
- 1 teaspoon dried parsley flakes
- 2 tablespoons butter divided
- 3 cups beef or chicken broth
- 4 cups peeled and diced potatoes
- 1/4 cup all purpose flour
- 3 oz shredded cheddar cheese
- 1 1/2 cups 1 % milk
- 3/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup light sour cream

1. Brown the ground beef in 3 quart saucepan. Drain and set aside.
2. In the same saucepan add 1/2 T butter and add onion, shredded carrots, parsley flakes, basil and celery. Saute until tender.
3. Add the broth, potatoes and beef and bring to a boil. Reduce

4. heat, cover and simmer 10-12 minutes or until potatoes are tender.
5. In small skillet melt remaining butter (1 1/2 T) and add the flour. Cook and stir for 3-5 minutes or until bubbly. Add to the soup and bring to a boil. Cook and stir for 2 minutes. Reduce heat to low.
6. Stir in the cheese, milk, salt and pepper. Cook and stir until cheese melts. Remove from heat and blend in sour cream.

Main Course, Soup
soup