

# Cheddar ≈ Chicken ≈ Soup

## Nutrition Facts:

254 Calories  
5g of Fat  
25g of Carbs  
3g of Fiber  
6g of Sugar  
23g of Protein



## DIRECTIONS:

**SPRAY** large saucepan with cooking spray. Add chicken; cook and stir on medium-high heat 5 minutes or until cooked through. Stir in flour; cook and stir an additional minute.

**ADD** broth, milk and vegetables; stir. Reduce heat to medium. Bring just to boil, stirring frequently. Remove from heat.

**STIR** in cheese until completely melted.

**Prep Time: 10 mins.**

**Total Time: 30 mins**

**Serves: 6, 1 cup each**

## INGREDIENTS:

**1/2 lb.** Boneless skinless chicken breasts, cut into bite size pieces  
**2 Tbsp.** Flour, white all-purpose  
**1 Can** (14 oz.) of Chicken Broth  
**2 Cups** of Fat Free Milk  
**2 Cups** of Frozen Mixed Vegetables  
**1 Cup** of Fat Free Shredded Cheddar Cheese

**Consider This:** Keep a close eye on the soup once the milk has been added. If the milk reaches a full boil, it can curdle. To prevent the soup from curdling, cook the soup on medium heat, stirring frequently.