

# Tasty Low-Fat Cream Soup

**Makes:** 2 servings

## Ingredients

**1 1/2 cups** chicken broth, low-sodium

**1 1/3 tablespoons** flour

**2 tablespoons** onion (chopped)

**2/3 cup** non-fat dry milk powder

**1/4 cup** celery (chopped)

black pepper (to taste)

## Directions

1. Peel and chop the onion.
2. Chop the celery into small pieces.
3. Put the celery and onion in a saucepan.
4. Add 1/2 cup chicken broth (save the other cup of chicken broth for later.)
5. Cook these ingredients on low heat. Let the broth simmer for 2-3 minutes.
6. In a small bowl, mix the dry milk, flour, and pepper. Add them into the 1 cup of chicken broth that hasn't been cooked yet. Beat till smooth.
7. Add this mix to the celery, onion, and broth.

## Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>140</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	0 g
Cholesterol	5 mg
<b>Sodium</b>	<b>190 mg</b>
<b>Total Carbohydrate</b>	<b>19 g</b>
Dietary Fiber	1 g
Total Sugars	13 g
Added Sugars included	N/A
<b>Protein</b>	<b>12 g</b>
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

8. Cook over medium heat till the soup thickens.

**Source:** University of Connecticut, Family Nutrition Program, Senior Nutrition Awareness Project (SNAP)