

CHEESE SAUCES

**Farmhouse
Cheddar Cheese
Soup**



BAY VALLEY
F O O D S



Farmhouse Cheddar Cheese Soup

48 8-oz. Servings

INGREDIENTS:

Chicken stock

Diced raw potatoes

Shredded cabbage

Lean ham, diced

Thank You Brand Mild Cheddar Cheese Sauce

Cornstarch

Cold water

Salt and white pepper

AMTS:

2 gal.

3 qts.

2 qts.

2 qts.

2 qts.

1/2 cup

1/2 cup

To taste

PROCEDURE:

Boil the potatoes, cabbage, and ham gently in the stock until potatoes are tender but not breaking apart.

Stir in the cheese sauce until well mixed. Mix the cornstarch and water to a smooth paste, then add to the soup, stirring gently as it thickens. Season to taste with salt and white pepper.

NUTRITION

Per serving:

185 calories

10 g protein

19 g carbohydrate

1 g fiber

7 g fat

2 g saturated fat

16 mg cholesterol

829 mg sodium

CHEF'S TIPS:

- Taste before you season—if the stock was made from a base, it will already be salty.
- This dish is quite versatile. Chicken can replace (or complement) the ham; carrots, celery, and turnips all work well.
- To avoid damaging the potatoes, mix strained stock with the cheese sauce and then add it back.
Set a China cap in the soup pot and ladle stock from inside the China cap into a large stainless bowl. Mix with the cheese sauce and pour the mixture back into the pot.
- Red and green are the best colors for garnish.



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