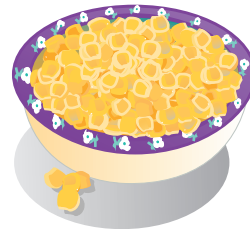
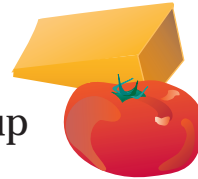


Quick Tomato, Corn and Cheese Soup

Ingredients:

- 2 cups skim milk
- 10 1/2 ounce can low-sodium condensed tomato soup
- 1 cup cream-style corn
- 1/2 cup instant or regular cooked rice
- 1 tablespoon parsley flakes
- 1/4 teaspoon low-sodium Worcestershire sauce or low-sodium soy sauce
- Dash of pepper
- 1 cup reduced-fat cheddar cheese, grated



Preparation:

1. In a 2-quart saucepan, slowly stir milk into the soup to make a smooth mixture.
2. Mix in the remaining ingredients except for the cheese. Heat slowly, stirring occasionally, over low heat until hot.
3. Serve in individual bowls, each topped with 1/4 cup grated cheese.

Makes four 1 cup servings

Amount Per Serving	
Calories 220	Calories from Fat 35
% Daily Values*	
Total Fat 3.5g	6%
Saturated Fat 1.5g	8%
Cholesterol 10mg	3%
Sodium 760mg	32%
Total Carbohydrate 34g	11%
Dietary Fiber 1g	5%
Sugars 13g	
Protein 14g	
Vitamin A 15%	Vitamin C 70%
Calcium 30%	Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Caution: For sodium restricted diets use regular rice, low sodium cheese, no salt added tomato soup and don't add soy or Worcestershire sauce.