

SOUP

Cheese Soup V

14 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
25 min	10 min	15 min	6	\$0.74	253 kcal

Cheese Soup V takes around 25 minutes from beginning to end. This recipe serves 6. One portion of this dish contains roughly 12g of protein, 18g of fat, and a total of 253 calories. For 74 cents per serving, this recipe covers 10% of your daily requirements of vitamins and minerals.

Ingredients

- ☐ 2 tablespoons butter
- ☐ 1/2 cup chopped celery
- ☐ 1/3 cup all-purpose flour
- ☐ 1 3/4 cups shredded Cheddar cheese
- ☐ 2 cups whole milk
- ☐ 1/3 cup chopped carrot
- ☐ 1 1/3 cups chicken broth
- ☐ 1/2 onion, chopped
- ☐ 3/4 cup water

EQUIPMENT Sauce pan

Method

- 1

In a small saucepan, combine celery, carrot and water. Bring to a boil, then reduce heat and simmer until tender.
- 2

Meanwhile, in a large saucepan over medium heat, melt butter. Cook onion in butter until tender. Stir in flour and milk and cook until thickened. Stir in broth, cheese and vegetables with their liquid. Stir until cheese is melted and elements are well combined.
- 3

Serve hot.

Nutrition per serving

253

KCAL

12 g

PROTEIN

18 g

FAT

12 g

CARBS

Saturated Fat	10.3 g · 64% of daily needs
Fibre	0.7 g · 3% of daily needs
Sugar	5.1 g · 6% of daily needs
Sodium	484 mg · 21% of daily needs
Cholesterol	53.8 mg · 18% of daily needs
Vitamin C	1.4 mg · 2% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/cheese-soup-v-142464