



Cent\$ible Nutrition Program

Helping Families Eat better for Less

*Cream of Anything Soup**

4 cups water or combination of water and broth
2 cups MAGIC MIX*
1 teaspoon salt

1. Combine and stir over medium heat until slightly thick.
2. Add one to three of your favorite herbs and spices. Use about 1 tablespoon of fresh herbs or 1 teaspoon of dried.
3. Add one or more of the following:
 - 3 sliced, cooked carrots
 - 1 package frozen spinach (chopped and cooked)
 - 1 package frozen broccoli (chopped and cooked) and 1 cup grated cheddar or American cheese
 - 3 potatoes, cooked and chopped, and 1 tablespoon chopped onion
 - 1 can cream style corn and 1 tablespoon chopped onion
 - OR add your favorite cooked vegetable

Makes 6 servings.

**Recipe can be found in the Cent\$ible Nutrition Cookbook available for purchase. Log on to www.uwyo.edu/centsible for more information.*



TV Show

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Visit us on the web: www.uwyo.edu/centsible

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