Cheeseburger Soup

	20 Servings				
Ingredients	Weight	Measure	Directions		
Ground Beef*	2 lbs		1. In a large saucepan over medium heat, cook and		
Butter	6.5oz		crumble beef, drain and set aside		
Onions, diced		1/2 cup	2. In a large pot on medium high heat melt butter		
Flour		1 cup	3. Add onions and saute until transluscent, then		
Milk, warmed		3 1/4 quart	incorporate the flour to make a roux		
Beef Base **		1 Tbsp	4. Add warmed milk, beef base and seasoning to		
Black pepper		3/4 tsp	onion roux and simmer for 10-15 minutes		
Shredded Cheddar Cheese 8 oz			5. When it has begun to thicken add the ground		
Cheddar Cheese Sauce	10 oz		beef, cheese sauce and yellow cheddar. Check the		
			seasoning.		
			Note: When serving you can put a dish of chopped		
			tomatoes on the side for topping.		
Ser	ving Size	Meal Pattern Contribution			
			2 14/144		

Serving Size	Meal Pattern Contribution		
6 oz	2 oz eq M/MA		

^{*} Can substitute beef crumbles

^{**} Can substitute 1 beef bouillon per tablespoon