

Snack Stick SOUP

Ingredients:

- 1 lb. Old Wisconsin Snack Sticks (2 packages any variety, 8 oz. each), sliced
- 12 pretzel rolls, 3" diameter
- ¼ cup butter
- ¼ cup diced celery
- ¼ cup diced carrot
- ½ cup diced onion
- ¼ cup flour
- 1 Tbsp. mesquite spice mix
- 3 cups skim milk

Directions:

- Carefully hollow out pretzel rolls to form a bowl; reserve bread to dip in soup.
- In a medium stockpot, brown Old Wisconsin Snack Sticks. Remove from pot and drain excess fat.
- In the same pot, melt butter. Add celery, carrot and onion and sauté until translucent.
- Add flour to make a roux. Cook until flour, butter and vegetables are well mixed and flour is creamy in color; do not let flour brown. Stir in mesquite spice mix.
- Add milk to the pot in a slow stream while whisking briskly to avoid lumps. Once milk is fully incorporated and comes to a boil, reduce to a simmer.
- Return Snack Sticks to pot and melt cream cheese into soup. Remove from heat and add cheddar cheese; stir until melted.
- Season to taste, pour soup into bread bowls and serve.

Note: Try any variety of Old Wisconsin Summer Sausage, Bratwurst, Snack Sticks or Bites to enhance this recipe.



- 6 oz. reduced fat sharp cheddar cheese, shredded
- 4 oz. reduced fat cream cheese
- salt & pepper to taste

Nutritional Facts:

Per serving (daily value): Calories 790.489kcal; Protein 28.111g (56%); Total Fat 35.858g (55%)(Sat. 15.155g (76%), Mono. 6.573g, Poly. 0.896g); Chol. 95.035mg (32%); Carb. 83.356g (28%); Fiber 2.467g (10%); Sugars 17.81g; Potassium 291.176mg (8%); Sodium 1334.761mg (56%); Trans fat 0g

Prep Time: 30 minutes

Total Time: 50 minutes

Difficulty: Intermediate

Makes: 6 servings of 2 soup bowls each

Cost: \$3.01 per serving