

Quick Ham and Cauliflower Soup



Prep Time: 10 min

Total Time: 40 min

Makes: 4 servings

- 1 package (4.9 ounces) Betty Crocker® scalloped potatoes
- 2 cups water
- 1/2 cup chopped cauliflower
- 1/8 teaspoon ground mustard
- 1/8 teaspoon pepper
- 1 can (10 1/2 ounces) condensed chicken broth
- 1 cup cubed fully cooked ham
- 1 cup half-and-half
- Chopped fresh parsley, if desired
- 1. Heat Potatoes, Sauce Mix, water, cauliflower, mustard, pepper and broth to boiling in 3-quart saucepan over high heat, stirring frequently.
- 2. Reduce heat; cover and simmer about 25 minutes, stirring occasionally, until potatoes are tender.
- 3. Stir in ham and half-and-half. Cook uncovered about 5 minutes or just until hot (do not boil). Garnish with parsley.

High Altitude (3500-6500 ft) No changes.

Make the Most of This Recipe With Tips From The Betty Crocker® Kitchens

Time Saver

If you don't want to clean an entire head of cauliflower or don't want leftovers, select prewashed cauliflowerets from the produce section or salad bar in the grocery store.

Health Twist

For fewer calories and less fat, use evaporated skim milk instead of the half-and-half.

Nutrition Information:

1 Serving: Calories 310 (Calories from Fat 130); Total Fat 15 g (Saturated Fat 7 g); Cholesterol 45 mg; Sodium 1580 mg; Total Carbohydrate 31 g (Dietary Fiber 3 g); Protein 15 g **Percent Daily Value*:** Vitamin A 4 %; Vitamin C 0%; Calcium 10 %; Iron 8 % **Exchanges:** 2 Starch; 1 Lean Meat; 2 Fat

*Percent Daily Values are based on a 2,000 calorie diet.