

SHEEPHERDER'S HEARTY SOUP

3-1/3 c cooked or canned baby limas, drained	1/2 c chopped celery
1/4 c diced onion	1 can (16 oz) whole kernel corn
2 T butter or margarine	1 can (8 oz) tomatoes, crushed
2 T flour	3/4 c shredded Jack cheese
1 c water	1/4 t salt
2/3 c milk	1/8 t pepper
Dash of bottled hot pepper sauce	

Sauté celery and onion in butter. Blend in flour. Add water and milk. Cook, stirring until thickened and smooth. Add beans, corn (with its liquid) tomatoes and cheese. Heat thoroughly, but do not boil. Season to taste with salt, pepper and hot sauce. Serve with shepherd's bread.

Makes 6 to 8 servings.

Calories: 211, Carbohydrate: 26 grams, Protein: 11 grams, Fat: 7 grams.