

French Onion Soup

Difficulty level- easy Price- cheap

Ingredients:

1 can Progresso French Onion Soup

1/2 slice Wonder Light Bread, toasted (or other 40 calorie per slice bread)

1 slice Sargento Deli-Sliced Reduced Fat Provolone Cheese

Directions:

Cook soup according to directions. Pour soup into an oven safe bowl. Place toasted bread on top of soup, then cover with cheese. Place bowl on cookie sheet and put into heated broiler, or simply place it in toaster oven until cheese gets bubbly. Makes 1 awesome-tastic serving.

Serving Size: 1 recipe

Calories: 170

Fat: 6.5g

Carbs: 20g

Fiber: 2.5g

Sugar: 6.5g

Protein: 8g