Vegetable Cheese Soup

2 cups water
3 cups chopped mixed vegetables, fresh or frozen
1/4 cup chopped onion
1 teaspoon salt
1/2 teaspoon curry powder (optional)
1 cup skim milk
1 1/2 tablespoons cornstarch
1/2 cup lowfat cheddar or American cheese - cut into small pieces

1. Bring 2 cups water to a boil. Add vegetables, onions, salt and curry powder. Cook, covered, until almost tender.

2. Mix milk and cornstarch together. Add to partially cooked vegetables.

3. Cook over medium heat, stirring often, until thickened.

4. Add cheese and stir until melted. Add more water if too thick.

5. Store leftovers covered in the refrigerator.

Yield: 4 servings