

Sweet Pumpkin Soup with Cheese 香甜奶酪南瓜汤



Ingredients:

President whole milk, President slice cheese, sweet pumpkin, white sugar.

Preparation:

1. Wash the pumpkins and peeled, cut them into pieces.
2. Put them into boiling water in simmer for 20 minutes.
3. Then add the president slice cheese cut into pieces and put them into pumpkin soup, pour president whole milk. Cook on a low fire for about 20 minutes.
4. At last add some white sugar and stir energetically until it's well-proportioned.

配料： 总统牌全脂牛奶，总统牌切片奶酪，甜南瓜，白砂糖。

制作过程：

1. 将南瓜去皮洗净切成小块，放入水中煮沸，然后再改用小火炖煮 20 分钟。
2. 将总统切片奶酪剪碎放入南瓜汤中，倒入牛奶再用小火炖煮 10 分钟。
3. 最后放入白糖拌匀即可。

小贴士：

1. 此汤最好选用深绿外皮的甜南瓜味道才够香甜，做的时候要用小火慢慢熬煮，煮出来的汤才会浓厚甜美。
2. 浓缩的就是精华。奶酪由牛奶浓缩而成，含有丰富的蛋白质以及钙、磷、铁等矿物质，其中钙质相当于等量牛奶的 6 倍之多。

