



## Tomato Soup & Grilled Cheese Sandwiches

**Yield:** 4 servings

**Prep Time:** 5 minutes

**Cook Time:** 10-15 minutes

**Allergens:** wheat/gluten, dairy

**Kitchen Tools:** can opener, cutting board, knife, pot for soup, frying pan, spatula

### Ingredients:

4 each	Cheese slices
8 slices	Whole wheat bread
4 tbsp	Butter, softened
1 can	Condensed tomato soup (284 ml)
1 ¼ cups	Milk or water

### Food Preparation Instructions:

1. Wash and dry your hands.
2. Place a cutting board on the counter with a damp cloth underneath it to keep the board from sliding around.
3. Open the can of soup using a can opener and pour the soup into a small pot. Scrape out can with a spoon. Add the milk to the pot and whisk until no lumps remain.
4. Set your pieces of bread out on the cutting board (or on a clean countertop).
5. Spread ½ tablespoon of softened butter on each piece of bread.
6. Turn the bread over so that the buttered side is down and place one slice of cheese on four pieces of bread. Combine the sides together to make a sandwich.
7. **Now follow the cooking directions on the next page.**

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Serves 4 people

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### Cooking Directions:

#### Heat the soup:

1. Heat the soup over medium-high heat (6-7 on the dial), stirring often, until hot, about 5-6 minutes.
2. Turn heat to low (1-2 on the dial), stirring occasionally, until ready to serve.

#### Cook the grilled cheese sandwiches:

1. Place a medium frying pan on the stove top and turn on to medium heat (5 on the dial). Check to see if the pan is hot by holding the back of your hand a few inches above the pan.
2. Place the sandwich in the hot pan and cook until the bread is toasted and browned, about 2 minutes.
3. Carefully flip the sandwich over and cook another 1-2 minutes or until the second side of the sandwich is browned. Continue until all four sandwiches are cooked. Turn off the stove top.
4. Place each sandwich on the cutting board and cut in half.

**To serve: Set out 4 plates and place one hot sandwich on each plate. Serve with 1/2 cup of tomato soup per person.**

## Tomato Soup & Grilled Cheese Sandwiches

Estimated cost to serve 4 people:

QUANTITY	INGREDIENT	RECIPE COST (estimated)
4 slices	Cheese slices (Cheddar or Swiss)	\$1.66
8 slices	Whole wheat bread (or whole grain)	\$1.50
4 tablespoons (60 ml)	Butter, softened (or margarine)	\$0.49
1 can (284 ml)	Condensed tomato soup	\$1.69
1 ¼ cups (315 ml)	Milk (or water)	\$0.72
<b>TOTAL: \$6.06/recipe = \$1.52/person</b>		

