

Potato Soup

10 servings

The Dairy Group includes milk, yogurt, cheese, and fortified soymilk. These foods provide calcium, vitamin D, potassium, protein, and other nutrients needed for good health throughout life.

- 2 cups water
- 6 medium potatoes, scrubbed with clean vegetable brush under running water, peeled and cubed
- 2 carrots, scrubbed with clean vegetable brush under running water, peeled and thinly sliced
- ½ cup onion, scrubbed with clean vegetable brush under running water, chopped
- 2 celery stalks, scrubbed with clean vegetable brush under running water, thinly sliced
- 5 cups fat-free milk
- 6 Tablespoons margarine, melted
- ¼ cup flour
- 1 teaspoon salt (optional)
- ¼ teaspoon pepper
- ¼ cup fresh parsley, gently rubbed under cold running water, chopped **or** 2 Tablespoons dried parsley
- 2 cups Cheddar or American cheese, shredded or cubed (optional)



1. Wash hands with soap and water.
2. In a large saucepan, bring water to a boil.
3. Add potatoes, carrots, onion, and celery. Return to a boil.
4. Cover, reduce heat, and simmer for 20 minutes or until potatoes are tender.
5. Mash vegetables slightly so they break apart a little. Do not drain the vegetables. Stir in milk.
6. In a small bowl, stir together melted margarine, flour, salt, pepper, and parsley until smooth. Add mixture to soup while stirring. Continue cooking until thick and bubbly, stirring constantly.
7. Add cheese, if desired. Stir until melted.
8. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/10 of recipe without cheese): Calories 230, Total Fat 7g, Saturated Fat 1.5g, Protein 8g, Total Carbohydrate 34g, Dietary Fiber 2g, Total Sugar 8g, Added Sugars 0g, Sodium 170mg.

Recipe Source: Nebraska Extension