

Potato Soup

Ingredients:

- 1 onion
- 2 stalks celery
- 6 potatoes
- 2 tablespoons margarine
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 1 cup nonfat dry milk
- 2 tablespoons flour
- 3 cups water

Equipment:

- Cutting board
- Knife
- Large saucepan
- Mixing spoon or spatula
- Measuring spoons
- Measuring cups

Number of Servings: 6
 Prep Time: 30 minutes
 Total Time: 30 minutes

Directions

1. Cut the ends off of the onion, and peel off the brown layers. Run under water to remove any dirt. Cut the onion in half lengthwise, and place the flat side on the cutting board. Slice across the onion, from one side to the other, then lay the slices on their side, and slice from the widest side to the smallest, across the onion. Chop up any large pieces.
2. Wash a celery stalk and lay it on a cutting board. Cut off both ends and cut into shorter lengths. Lay these pieces side by side. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up.
3. Wash potatoes and cut in half lengthwise. Lay flat on cutting board and cut into small pieces. Set aside.
4. Melt the margarine in a large saucepan on low heat.
5. Add the onion and celery. Cook for a few minutes until translucent
6. Add the potatoes, salt, pepper and 1 1/2 cups water. Cook for 20 minutes until the potatoes are tender.
7. In a small bowl, stir together the dry milk and flour. Add 1 1/2 cups water slowly, stirring as you add it.
8. Add the milk mix to the potatoes.
9. Cook until the soup is heated and slightly thickened.
10. Adjust the seasonings.

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Nutrition Facts	
Serving Size: 1 cup	
Servings: 6	
Amount Per Serving	
Calories 219	Calories from Fat 36
%Daily Value*	
Total Fat 4g	6%
Saturated Fat 1g	5%
Cholesterol 4mg	1%
Sodium 349mg	15%
Potassium 1076mg	31%
Total Carbohydrate 36g	12%
Dietary Fiber 2g	8%
Protein 10g	20%
Vitamin A 4%	Vitamin C 45%
Iron 6%	Calcium 27%

*Percent Daily Values are based on a 2,000 calorie diet.

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