

Eat Smart • Move More

Potato Soup

Prep Time: 10 minutes

Total Time: 30 minutes



Ingredients

- 2 tablespoons olive oil
- 2 stalks celery, chopped
- 1 onion, chopped
- 6 potatoes, chopped
- 3 cups water, divided in half
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper
- 1 cup nonfat dry milk
- 2 tablespoons whole-wheat flour

Nutrition Facts

6 servings per container	
Serving size	1 serving
	(350.68g)
Amount per serving	
Calories	290
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol <5mg	2%
Sodium 330mg	14%
Total Carbohydrate 51g	19%
Dietary Fiber 4g	14%
Total Sugars 14g	
Includes g of Added Sugars	
Protein 12g	
Vitamin D 0mcg	0%
Calcium 294mg	25%
Iron 2mg	10%
Potassium 1354mg	30%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Directions

- Heat oil in a large saucepan on low heat. Add celery and onion. Cook for 2-3 minutes until translucent.
- Add the potatoes, salt, pepper and 1 ½ cups water. Cook for 20 minutes until the potatoes are tender.
- In a small bowl, stir together the dry milk and flour. Add the remaining water slowly, stirring as you add it.
- Add the milk mix to the pan. Cook until the soup is heated and slightly thickened.

Quick Tips

- ▶ For a smoother texture, mash potato chunks once soup is finished cooking and stir well.
- ▶ For added flavor, try garnishing with fresh parsley or chives.
- ▶ Serve with a salad or a side of whole-wheat toast.

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(Recipe adapted from: Pennsylvania Nutrition Education Network Website Recipes, as listed at <https://whatscooking.fns.usda.gov>.)

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