

# Creamy Irish Potato Soup

*www.CampbellsKitchen.com*

## Servings: 6

2 tablespoons butter  
4 medium (about 1/2 cup) green onions, sliced  
1 stalk (about 1/2 cup) celery, sliced  
1 3/4 cups chicken broth  
1/8 teaspoon ground black pepper  
3 medium (3 cups) potatoes, sliced 1/4-inch thick  
1 1/2 cups milk

## Preparation Time: 15 minutes

In a three-quart saucepan over medium heat, heat the butter. Add the onions and celery. Cook until they are tender.

Stir the broth, black pepper and potatoes into the saucepan. Heat to a boil. Reduce the heat to low. Cover and cook for 15 minutes until the potatoes are tender.

Place half of the broth mixture and half of the milk in a blender or food processor. Cover and blend until smooth. Repeat with the remaining broth mixture and remaining milk. Return to the saucepan and heat through.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 135 Calories; 6g Fat (41.6% calories from fat); 5g Protein; 15g Carbohydrate; 1g Dietary Fiber; 19mg Cholesterol; 303mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Vegetable; 0 Non-Fat Milk; 1 Fat.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	135	Vitamin B6 (mg):	.2mg
% Calories from Fat:	41.6%	Vitamin B12 (mcg):	.3mcg
% Calories from Carbohydrates:	44.0%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	14.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	21mcg
Saturated Fat (g):	4g	Niacin (mg):	2mg
Monounsaturated Fat (g):	2g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	19mg	% Refuse:	0.00%

Carbohydrate (g):	15g
Dietary Fiber (g):	1g
Protein (g):	5g
Sodium (mg):	303mg
Potassium (mg):	532mg
Calcium (mg):	91mg
Iron (mg):	1mg
Zinc (mg):	1mg
Vitamin C (mg):	15mg
Vitamin A (i.u.):	269IU
Vitamin A (r.e.):	63 1/2RE

## Food Exchanges

Grain (Starch):	1/2
Lean Meat:	0
Vegetable:	0
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

## Nutrition Facts

Servings per Recipe: 6

### Amount Per Serving

<b>Calories</b>	135	Calories from Fat: 56
-----------------	-----	-----------------------

### % Daily Values\*

<b>Total Fat</b>	6g	10%
Saturated Fat	4g	19%
<b>Cholesterol</b>	19mg	6%
<b>Sodium</b>	303mg	13%
<b>Total Carbohydrates</b>	15g	5%
Dietary Fiber	1g	5%
<b>Protein</b>	5g	

<b>Vitamin A</b>	5%
<b>Vitamin C</b>	25%
<b>Calcium</b>	9%
<b>Iron</b>	5%

\* Percent Daily Values are based on a 2000 calorie diet.