
Alpine Veggie Soup

Dorothea Bauman - Dayton Hudson Central

1993 United Way Cookbook Committee - Dayton's, Marshall Field and Hudson's Stores

1 1/2 cups chopped celery
1 cup chopped onions
1 clove minced garlic OR 1/8 teaspoon garlic powder
1 tablespoon butter
1 tablespoon water (optional)
6 cups hot water
6 teaspoons canned chicken broth OR instant chicken bouillon
1 cup chopped carrots
2 cups chopped potatoes
1/2 teaspoon salt
1/4 teaspoon pepper
3/4 teaspoon dill weed
1 tablespoon chopped fresh parsley (optional)

In a large saucepan, saute' the celery, onions and garlic in butter and one tablespoon of water. Add six cups of water. Heat to boiling. Add the chicken broth. Stir to dissolve.

Add the carrots and potatoes. Simmer for 20 minutes or until tender.

Add the salt, pepper, dill weed and parsley. Simmer for a few minutes.

Yield: 7 cups

Soups, Chili, Stew

Per Serving (excluding unknown items): 250 Calories; 12g Fat (41.4% calories from fat); 5g Protein; 34g Carbohydrate; 10g Dietary Fiber; 31mg Cholesterol; 1434mg Sodium. Exchanges: 0 Grain(Starch); 6 1/2 Vegetable; 2 1/2 Fat.