
Duchess Soup

*Owner Steve Hanner, Chef Jeff Minkwic - Crows Nest Restaurant and Tavern - Venice, FL
Sarasota's Chef Du Jour - 1992*

Servings: 12

1 cup carrots, chopped

1 cup celery, chopped

1/4 cup onion, chopped

1/3 pound butter

12 ounces flour

1/3 gallon milk

1/3 gallon water

1 1/2 ounces chicken bouillon

1 3/4 pounds high-quality American cheese

1 3/4 pounds cooked, diced potatoes

In a souppot, simmer the carrots and celery in water until tender.

In a skillet, saute' the onions in butter until translucent.

Add the flour to form a roux - cook for 5 minutes, stirring constantly.

At the same time, heat the milk, water and chicken bouillon until a near boil. Whip in the roux until thick.

Add the cheese and potatoes. Adjust for thickness.

Soups, Chili, Stew

Per Serving (excluding unknown items): 266 Calories; 14g Fat (47.3% calories from fat); 7g Protein; 28g Carbohydrate; 1g Dietary Fiber; 42mg Cholesterol; 194mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Vegetable; 1/2 Non-Fat Milk; 2 1/2 Fat.