
Hearty Potato Soup

Suzi Troxell

Nettles Island Cooking in Paradise - 2014

6 medium potatoes, peeled and diced
2 carrots, sliced or diced
6 stalks celery, diced
2 quarts water
1 medium onion, chopped
6 tablespoons butter or margarine
6 tablespoons all-purpose flour
1/2 teaspoon pepper
1/2 teaspoon salt
1 1/2 cups milk

In a large kettle, cook the potatoes, carrots and celery in water until tender (about 20 minutes). Drain, reserving the cooking liquid. Set the vegetables aside.

In the same pot, saute' the onion in butter until soft. Stir in the salt, pepper and flour, gradually adding the milk. Stir until thickened. Gently stir in the vegetables and add one cup or more of the reserved cooking liquid until the soup reaches your desired consistency. Additional salt may be added to taste.

For a heartier meal, add diced ham or sliced/diced kielbasa or smoked sausage. You can also add chopped broccoli and shredded sharp Cheddar cheese.)

Soups, Chili, Stew

Per Serving (excluding unknown items): 1728 Calories; 83g Fat (42.3% calories from fat); 37g Protein; 218g Carbohydrate; 24g Dietary Fiber; 236mg Cholesterol; 2312mg Sodium. Exchanges: 11 Grain(Starch); 6 Vegetable; 1 1/2 Non-Fat Milk; 16 Fat.