

Herbed Potato Soup

Jo Crouch - East Alton, IL

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Servings: 5

Start to Finish Time: 30 minutes

3 medium potatoes, peeled and diced

2 cups water

1 large onion, chopped

1/4 cup butter, cubed

1/4 cup all-purpose flour

1 teaspoon salt

1/2 teaspoon dried thyme

1/4 teaspoon dried rosemary, crushed

1/4 teaspoon pepper

1 1/2 cups 2% milk

In a large saucepan, place the potatoes and water. Bring to a boil. Reduce the heat.

Cover and simmer for 15 to 20 minutes or until tender.

In another large saucepan, saute' the onion in butter until tender.

Stir in the flour, salt, thyme, rosemary and pepper until blended.

Gradually add the milk. Bring to a boil.

Cook and stir for 2 minutes or until thickened.

Add the potatoes with the cooking liquid. Heat through.

Per Serving (excluding unknown items): 207 Calories; 11g Fat (46.0% calories from fat); 5g Protein; 24g Carbohydrate; 2g Dietary Fiber; 30mg Cholesterol; 565mg Sodium. Exchanges: 1 Grain(Starch); 1/2 Vegetable; 1/2 Non-Fat Milk; 2 Fat.