

# Polish Potato Soup

*Favorite Recipes - Sacred Heart School - Easthampton, MA (1984)*

*2 large potatoes  
1 large onion  
1 stalk celery  
2 carrots  
1 cup fresh mushrooms, cut  
fine  
2 tablespoons butter  
2 tablespoons flour  
salt (to taste)  
pepper (to taste)*

Cut the vegetables and mushrooms into 1/2 inch pieces. Place them in a soup pot with water to cover one inch over the vegetables. Cook until tender.

In a bowl, make a paste by melting butter and adding the flour. Then stir into the boiling vegetables.

Add salt and pepper to taste. Cook for 5 minutes longer.

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Per Serving (excluding unknown items): 581 Calories; 24g Fat (36.1% calories from fat); 11g Protein; 85g Carbohydrate; 12g Dietary Fiber; 62mg Cholesterol; 340mg Sodium. Exchanges: 3 1/2 Grain(Starch); 5 1/2 Vegetable; 4 1/2 Fat.