

Potato Soup with Beans

Taste of Home One-Dish Meals

Servings: 6

2 medium carrots, shredded
1 tablespoon butter
4 cups chicken or vegetable broth
3 medium potatoes, peeled and cubed
1 clove garlic, minced
1 1/2 teaspoons dill weed
1 can (15 1/2 oz) great northern beans, rinsed and drained
4 1/2 teaspoons all-purpose flour
3/4 cup sour cream
pepper to taste

In a large saucepan, cook carrots in butter for 4 minutes or until tender. Stir in the broth, potatoes, garlic and dill. Bring to a boil. Reduce heat; cover and simmer for 25 minutes or until potatoes are tender.

With a slotted spoon, remove half of the potatoes to a bowl; mash with a fork. Return to pan. Stir in the beans.

In a small bowl, combine the flour, sour cream and pepper; add to soup. Cook over low heat for 5 minutes or until heated through (do not boil).

Per Serving (excluding unknown items): 249 Calories; 8g Fat (29.7% calories from fat); 9g Protein; 35g Carbohydrate; 8g Dietary Fiber; 18mg Cholesterol; 52mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 0 Non-Fat Milk; 1 1/2 Fat.