

Potato Soup

5 potatoes
3 cups water 1 large sweet onion
1 cup celery
2 cups milk
2 tablespoons corn starch
2 ½ teaspoons salt
¼ teaspoons pepper
1 large sweet onion
1 cup celery
2 cups milk
2 tablespoons corn starch

Wash and peel 5 potatoes. Cut potatoes into 1 inch squares, in 3 quart pan. Combine 3 cups of water, cut potatoes and salt and pepper. On medium high heat bring to a boil. Dice one large sweet onion and add to pan. Dice approximately four celery stalks to get 1 cup of celery and add to pan. Boil for 45 minutes. When potatoes are tender mix 2 cups of milk with 2 tablespoons of corn starch and add to pan. Return to boil stirring constantly. Lower heat to warm and serve.

Yields: 5 servings Each serving is approximately 198.5 calories.

Autumn Walker

Senior - Fruit and Vegetable