



# Ham and Potato Soup

Makes 6 servings | **Vegetables** • **Protein** • **Dairy**

## Ingredients

- 4 potatoes, diced
- 1/3 cup diced celery
- 1/3 cup diced onion
- 3/4 cup chopped ham
- 4 cups chicken broth, low sodium
- 1 teaspoon black pepper
- 2/3 cup *CNP Magic Mix* (see back)
- 2 cups water
- 1/2 cup shredded low-fat cheddar cheese (optional)

## Directions

1. Wash hands with warm, soapy water.
2. Combine potatoes, celery, onion, ham, and broth in a large pot. Bring to a boil and cook over medium heat until potatoes are tender, about 15-20 minutes.
3. In a sauce pan combine *CNP Magic Mix* and water. Stir over medium heat until smooth and thick.
4. When sauce just begins to boil, remove from heat. Add cheese to the sauce and stir until melted. Stir the sauce into the soup and cook until heated through. Serve immediately.



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# CNP Magic Mix

Makes 5 cups | Grains • Dairy

## Ingredients

- 4 cups nonfat dry milk powder
- 1 cup all-purpose flour
- 1/3 cup canola oil

## Directions

1. Wash hands with warm, soapy water.
2. Put ingredients into bowl and mix until it looks like coarse cornmeal.
3. Refrigerate in a tightly covered container. Keeps 3 months in refrigerator.



Extension

1-877-219-4646 | <https://uwyocnp.org/> | [cnp-info@uwo.edu](mailto:cnp-info@uwo.edu)

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Recipe from the Cent\$ible Nutrition Program. Learn how to save money, cook quick and healthy meals, and stretch your food dollar by contacting your local CNP educator.



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