

Creamy Potato Soup

Makes 6 servings | **Vegetables**

Ingredients

- 1 teaspoon oil
- 3½ cups raw potatoes, diced
- ⅓-1 cup celery, diced
- ⅓-1 cup onion, diced
- ¾ cup ham, chopped (optional)
- 1 teaspoon black pepper
- 1 teaspoon seasoning of choice (garlic, Italian, taco, dill, thyme, basil, etc.)
- 4 cups low-sodium broth
- 2 Tablespoons oil or butter
- 2 Tablespoons all-purpose flour
- 2 cups low-fat milk
- ½ cup low-fat shredded cheddar cheese (optional)

Directions

1. Wash hands with warm, soapy water for 20 seconds.
2. In a large soup pot, heat oil. Add celery and onions. Cook for 3-5 minutes until onion is soft.
3. Add potatoes, broth, pepper, and seasoning. Bring to a boil and cook over medium heat until potatoes are tender, about 10 – 15 minutes.
4. Once potatoes are soft, mash some of them with a fork or potato masher for a creamier texture, if desired.
5. To make the cream sauce for the soup, heat oil or butter in a small saucepan. Once hot, add flour and stir until it turns pasty.
6. Cook for 1 minute on medium heat, then add the milk a few tablespoons at a time, stirring constantly until thick and bubbly.
7. Add milk mixture to the soup pot and cook soup until heated through. Serve topped with cheese.



Extension



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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