

# Chunky Potato Soup

*"Culinary Creations and Wonders" - The St. Lucie Council of Catholic Women, Port St. Lucie FL*

*3 medium red potatoes  
2 cups water  
1 small onion  
3 tablespoons butter  
3 tablespoons all-purpose flour  
crushed red pepper flakes  
ground black pepper  
3 cups milk  
1/2 teaspoon sugar  
1 cup cheddar cheese, shredded  
1 cup cooked ham, cubed*

Peel the potatoes and cut into one-inch cubes.

In a large saucepan, bring the water to a boil. Add the potatoes and cook until tender. Drain, reserving the liquid. Set aside the potatoes. Measure one cup of the cooking liquid, adding water if necessary; set aside.

Peel and finely chop the onion. Melt the butter in a saucepan over medium heat. Add the onion. Cook, stirring frequently, until the onion is translucent and tender, but not brown.

Add the flour to the saucepan. Season with the pepper flakes and black pepper to taste. Cook for 3 to 4 minutes.

Gradually add the potatoes, reserved one cup of cooking liquid, milk and sugar to the onion mixture in the saucepan. Stir well.

Add the cheese and ham. Simmer over low heat for 30 minutes, stirring frequently. Store the leftovers, covered, in the refrigerator.

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Per Serving (excluding unknown items): 1770 Calories; 111g Fat (56.3% calories from fat); 85g Protein; 110g Carbohydrate; 6g Dietary Fiber; 389mg Cholesterol; 3223mg Sodium. Exchanges: 3 1/2 Grain(Starch); 7 1/2 Lean Meat; 1 1/2 Vegetable; 3 Non-Fat Milk; 17 Fat; 0 Other Carbohydrates.

Soups, Chili and Stews

## Per Serving Nutritional Analysis

Calories (kcal):	1770	Vitamin B6 (mg):	1.5mg
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% Calories from Fat:	56.3%
% Calories from Carbohydrates:	24.6%
% Calories from Protein:	19.0%
Total Fat (g):	111g
Saturated Fat (g):	65g
Monounsaturated Fat (g):	34g
Polyunsaturated Fat (g):	5g
Cholesterol (mg):	389mg
Carbohydrate (g):	110g
Dietary Fiber (g):	6g
Protein (g):	85g
Sodium (mg):	3223mg
Potassium (mg):	3099mg
Calcium (mg):	1762mg
Iron (mg):	6mg
Zinc (mg):	11mg
Vitamin C (mg):	96mg
Vitamin A (i.u.):	3424IU
Vitamin A (r.e.):	960 1/2RE

Vitamin B12 (mcg):	4.7mcg
Thiamin B1 (mg):	1.9mg
Riboflavin B2 (mg):	2.1mg
Folacin (mcg):	148mcg
Niacin (mg):	13mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

## Food Exchanges

Grain (Starch):	3 1/2
Lean Meat:	7 1/2
Vegetable:	1 1/2
Fruit:	0
Non-Fat Milk:	3
Fat:	17
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

<b>Calories</b>	1770	Calories from Fat: 997
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### % Daily Values\*

<b>Total Fat</b>	111g	171%
Saturated Fat	65g	326%
<b>Cholesterol</b>	389mg	130%
<b>Sodium</b>	3223mg	134%
<b>Total Carbohydrates</b>	110g	37%
Dietary Fiber	6g	25%
<b>Protein</b>	85g	
<b>Vitamin A</b>		68%
<b>Vitamin C</b>		159%
<b>Calcium</b>		176%
<b>Iron</b>		31%

\* Percent Daily Values are based on a 2000 calorie diet.