

Potato Soup

Susan McEwen McIntosh

"Southern Living" Cooking Light - 1983

5 medium potatoes, peeled and cubed
1 medium onion, chopped
1/3 cup celery, chopped
3 cups water
1 cup skim milk
1 teaspoon salt
1 teaspoon chicken-flavored bouillon granules
2 teaspoons chives, chopped
1/8 teaspoon pepper
additional chopped chives (optional for garnish)

In a three-quart Dutch oven, combine the potatoes, onion, celery and water. Bring to a boil. Cover and reduce the heat. Simmer for 20 minutes or until the potatoes are tender. Drain, setting the vegetables aside and reserving 1-1/2 cups of the cooking liquid in the Dutch oven.

Mash the vegetable mixture with a potato masher or electric mixer. Add to the reserved cooking liquid.

Add the milk, salt, bouillon granules, chives and pepper. Cook, stirring constantly, until the soup is thoroughly heated.

Garnish with chopped chives, if desired.

Yield: 6 cups

Per Serving (excluding unknown items): 617 Calories; 1g Fat (1.8% calories from fat); 23g Protein; 133g Carbohydrate; 13g Dietary Fiber; 4mg Cholesterol; 2354mg Sodium. Exchanges: 7 1/2 Grain(Starch); 2 Vegetable; 1 Non-Fat Milk; 0 Fat.