



## **April 2002 Recipe – Potato Soup**

4 to 5 medium potatoes, peeled and diced  
1 large onion, diced  
2 large carrots, diced  
3 celery stalks, diced  
1 can chicken broth (or 16-oz water)\*  
1 Tablespoon olive oil  
3 to 4 cups water

In a large pot cook the vegetables in oil and a  $\frac{1}{4}$  cup of the water for 10 minutes. Add broth and the remaining water. Cook 15 minutes or until vegetables are tender.

Remove from heat. Pour  $\frac{1}{3}$  to  $\frac{1}{2}$  of the soup into the blender at a time. Caution! If you put too much hot food in the blender at once the top may blow off. Blend until creamy. Return to pot and simmer. Add sea salt and pepper to taste.

Serves 6

*Per serving: 148 calories, 3 grams fat, 27 grams carbohydrate, 279 mg sodium, 2 mg cholesterol, 2.5 grams fiber*

For all of you who know our beloved volunteer, Doris Moore, this comfort food recipe is exactly what you would expect her to share with us. It's simple soup, but ever so soothing. Doris suggests steaming 2 extra peeled and diced potatoes on the side so those that prefer "chunky" rather than "creamy" soup will be satisfied too.

\*When I prepared this soup I substituted water for the chicken broth and then added  $\frac{1}{2}$  teaspoon of sea salt.

Your Partners in Health,  
**Candace and Lucy**