

## Unbelievably Easy Potato Soup



**Prep time:** 10 minutes

**Cook time:** 25 minutes

**Total time:** 35 minutes

**Serving Size:** 5 servings

### Ingredients:

- 5 large potatoes
- 1 ¼ cup chopped celery (including leaves)
- 1 ¼ cup chopped onion
- 1 ¼ cup fat free milk
- Salt (to taste)
- Pepper (to taste)

### Directions:

1. Peel and cube potatoes.
2. Put in a saucepan along with the chopped onions and celery.
3. Add water to just barely cover the vegetables.
4. Bring to a boil, lower heat, cover and simmer for 25 minutes or until all of the vegetables are very tender
5. Using a potato masher (or fork) coarsely crush the potatoes (don't mash them, you want chunks left)
6. Add enough milk to thin the broth to desired thickness. Add salt and pepper to taste.

**\*\*Tip: Potatoes.** Potatoes are a good source of vitamin B6, vitamin C, copper, potassium, manganese and fiber. They contain a variety of phytonutrients that contain antioxidant activity against free radicals.

### Nutrition Facts (per serving):

Calories: 129

Carbohydrate: 28g

Fat: 0g

Fiber: 1g

Cholesterol: 1mg

Sugar: 5g

Sodium: 48mg

Protein: 5g

Attributed to Vina at food.com; Modified by Emily Madden 2013 Dietetic Student  
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