

POTATO SOUP

4 Servings, about 1 cup each, plus 4 servings for another meal

Onion, chopped	<u>3/4 cup (1 medium)</u>
Potatoes, peeled, diced	<u>4-1/2 cups</u>
Margarine	<u>1 tablespoon</u>
Flour	<u>3 tablespoons</u>
Whole milk	<u>1 quart</u>

PREPARATION TIME: 25 MINUTES

COOKING TIME: 15 MINUTES

1. Place onions and potatoes in sauce pan. Cover with water and bring to boil. Simmer until soft, about 10 minutes. Drain.
2. Melt margarine in saucepan. Add flour and stir until smooth. Heat to thicken.
3. Add onions and potatoes to milk mixture, and heat to serving temperature.

PER SERVING:

Calories	<u>190</u>
Total fat	<u>6 grams</u>
Saturated fat	<u>3 grams</u>
Cholesterol	<u>17 milligrams</u>
Sodium	<u>325 milligrams</u>