

Potato Soup

2 tablespoons Butter

½ cup (125 ml) chopped Onion

Melt Butter in large saucepan. Add Onion. Sauté until translucent.

3 cups (750 ml) diced Potatoes

2 cups (500 ml) water or vegetable broth

½ teaspoon Salt

¼ teaspoon Pepper

¼ cup (60 ml) Celery + Leaves (can be chopped)

½ cup (125 ml) Carrots (can be diced or shredded)

1/8 – ¼ teaspoon grd. Nutmeg, dried Marjoram, Celery Salt, dried Dill Weed, or Paprika

Add, cover, and cook until veggies are tender, about 15 minutes. For a creamier soup, remove some of the cooked Potatoes, purée them and return to the saucepan.

2 cups (500 ml) Milk

3 tablespoons Flour

Mix together until smooth. Add to soup and cook until thickened, stirring constantly. Garnish with fresh chopped parsley.

(from “Simply in Season,” Mary Beth Lind and Cathleen Hockman-Wert)