

# CREAMY POTATO SOUP

Makes 5 servings

Each serving has 170 calories, 1.5 grams (g) fat, 12 g protein, 27 g carbohydrate, 1 g fiber, and 410 milligrams (mg) sodium

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- 1  $\frac{3}{4}$  c. potatoes, peeled and diced
  - 1 medium onion, chopped
  - $\frac{1}{4}$  c. celery, chopped
  - 1 (14.5-ounce) can reduced-sodium chicken broth
  - $\frac{1}{2}$  c. water
  - $\frac{1}{8}$  tsp. pepper
  - 3 Tbsp. cornstarch
  - 1 (12-ounce) can evaporated milk, divided
  - 1 c. shredded reduced-fat cheddar cheese (4 ounces)
- Optional topping: Chopped green onions*

In a large saucepan, combine potatoes, onion, celery, broth, water, and pepper. Bring to boil. Reduce heat, cover and simmer for 15 minutes or until vegetables are tender. In a small bowl, combine cornstarch with  $\frac{1}{4}$  c. evaporated milk until smooth. Add to saucepan. Add the remaining evaporated milk and bring to a boil. Cook and stir for five minutes or until thickened. Remove from heat. Stir in cheese until melted. Top with chopped green onions if desired.

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