

In-a-Jiffy Potato Soup

Yield: 4 hearty servings

Ingredients:

1 14½-ounce can fat-free chicken broth	salt and pepper to taste
3 cups cubed, peeled potatoes	2 cups fat-free (skim) milk, divided
½ cup chopped onion	2 tablespoons all-purpose flour
½ cup each thinly sliced celery and carrots	1 cup low-fat sour cream
1 cup diced lean ham	2 tablespoons chopped fresh parsley (optional)
2 tablespoons dried dill weed	1 tablespoon chopped chives (optional)
	1 teaspoon paprika (optional)

Procedure:

In a medium-sized saucepan, combine broth, potatoes, onions, celery, carrots, ham, dill weed, and salt and pepper; bring to a boil slowly using medium heat. Reduce heat, cover and simmer for 15 to 20 minutes or until potatoes are tender. Add 1 ¾ cups milk. Combine flour with remaining ¼ cup milk and stir to form a smooth paste; add to soup and bring to a boil, stirring constantly for several minutes. Reduce heat. Add a small amount of the hot soup liquid to the sour cream and mix well;

a serving (about 2½ cups) provides about 300 calories and 5 grams of fat when made with lean ham

gradually incorporate sour cream into soup, stirring constantly. Make sure soup is heated through, but do not boil after adding sour cream (boiling causes sour cream to break down). To serve, divide among four bowls and garnish with parsley, chives and paprika, if desired.

A serving also provides a full day's supply of vitamin A, as beta carotene from the carrots, 70 percent of the recommended vitamin C and 20 percent of the recommended daily iron. If you're watching your calories, try a smaller serving.

NDSU Agriculture Communication



In a Jiffy Potato Soup