



Creamy Vegetable Soup

- 1 med. potato, diced
- 1 med. onion, diced
- 1 med. carrot, diced
- 1 stalk celery, diced with leaves
- 1/2 cup water
- 2 cups vegetables (of choice), cooked and chopped
- 1 teaspoon salt
- 1/2 teaspoon pepper (to taste)
- 1 can (12 oz.) chicken broth
- 1/2 cup half-and-half

In 3 qt. covered saucepan, simmer potato, onion, carrot and celery in water for 10 minutes or until vegetables are tender. Puree in a blender or food processor.

Return puree to saucepan; add the 2 cups vegetables, salt, pepper, chicken broth and half-and-half. Stir well. Heat before serving, but do not boil.

For richer soup, use cream; for less calories, use non-fat milk.

(can substitute frozen chopped vegetables for the fresh vegetables)