

Potato Soup *Makes 8 servings, 1 cup each*

¾ cup onion, chopped
4½ cups potatoes, peeled, diced
1 Tablespoon soft margarine
3 Tablespoons flour
1 quart milk*

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.

*Use fat-free or low-fat milk.