

Potato Cheese Soup

Provided by the Auburn Interfaith Food Closet

RECIPE TYPE: Soup

MAKES: 8-10 cups

TOTAL TIME: 40 minutes

INGREDIENTS:

- 4 medium potatoes, peeled and cut into chunks
- 2 carrots, rinsed and cut into chunks
- 1 onion, peeled and chopped
- 1 whole clove garlic, peeled and minced (optional)
- 1-2 tablespoons vegetable oil or butter
- 3 cups milk
- 1 cup cheddar cheese, grated
- 2 teaspoons salt
- 1/4 teaspoon pepper
- 1 tablespoon chopped parsley (optional)

DIRECTIONS:

- 1 Cover potatoes and carrots in water enough to just cover in a large, heavy pan, and cook until tender. Drain and save cooking liquid.
- 2 Meanwhile, sauté the onion, and garlic—if desired—in the oil or butter, until soft. Combine with cooked potatoes and carrots, and a small amount of the vegetable cooking liquid (about 1/2 cup).
- 3 Mash or purée in batches. Return purée to pan, and add milk, and grated cheese, along with seasonings.
- 4 If soup is too thick, add a small amount of saved cooking liquid until desired consistency is achieved.
- 5 Heat until cheese is melted, and soup is piping hot, but don't let it boil. Garnish with parsley, if using, and serve hot.



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