

Potato Corn Soup

Ingredients:

1 tablespoon oil
1 cup chopped onions
3 cups diced potatoes
2 cups low sodium broth
1 cup low fat milk
1 ½ cups corn
Salt and pepper to taste

Directions:

1. In a large pot, heat oil over medium heat. Add onions and cook until soft.
2. Add potatoes, broth and 1 cup water. Bring to a boil.
3. Lower heat and simmer for 30 minutes.
4. Stir until smooth. Use the back of a spoon or fork to mash some of the potatoes.
5. Add milk and corn. Reheat for 10 minutes. Serve hot and enjoy!

Makes 5 servings. Meets requirements for one vegetable component.

From website www.jsyfruitveggies.org