

# Potato Soup

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2 potatoes  
1 stalk celery  
1 small onion  
1 cup water  
1 tablespoon margarine  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon pepper  
2 cups fat free milk

## Makes 6 portions, 1 cup each

### Per portion

Calories:	104
Carbohydrate:	17 grams
Protein:	5 grams
Fat:	2 grams
Saturated fat:	0
Cholesterol:	1 milligram
Sodium:	268 milligrams
Dietary fiber:	2 grams

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1. Scrub potatoes and wash celery.
  2. Peel and cube potatoes.
  3. Chop onion and celery.
  4. Combine all the ingredients except the milk in a pot and cook about 20 minutes or until tender.
  5. Add milk and heat thoroughly.