

Wednesday, March 17, 2010

Potato Soup

3 Tbsp. vegetable oil
1 cup chopped celery
1 cup chopped carrot
1 cup chopped onion
1 tsp dried thyme

6 Tbsp. All-purpose flour
2 14 ½ oz. cans low-sodium chicken broth
4 cups milk
2 10-12 oz russet potatoes, peeled, diced
2 cups sharp cheddar cheese, shredded

Heat oil in heavy large saucepan over medium heat. Add celery, carrot, onion and thyme and sauté until vegetables begin to soften, about 5 minutes. Sprinkle flour over and stir 2 minutes. Gradually whisk in broth, then milk. Add potato and bring soup to boil. Reduce heat and simmer soup until potato is tender, about 20 minutes. Add cheese, 1/3 cup a time, stirring until melted and smooth after each addition. Season soup to taste with salt and pepper.