

BUDGET **STRETCHING** FOOD IDEAS

Idaho Potato Broccoli And Mushroom Soup

(NAPSA)—There are few better ways to warm up than with a hearty helping of healthful home-made soup. At under 75 cents per serving, Idaho Potato Broccoli and Mushroom Soup is sure to please your wallet and your palate. This simple recipe serves up nicely as a light snack or wholesome main course. With less than 100 calories per serving, you can enjoy every bite of this classic comforting dish.

Idaho Potato Broccoli And Mushroom Soup

Serves 6

Active Time: 25 Minutes

Total Time: 40 Minutes

Ingredients:

Potato Soup Base

- 1 Idaho Potato, peeled, diced small
- ½ cup water
- 1 Tbsp. Butterbud Sprinkles (no-fat butter powder, butter sprinkles)
- 1 Tbsp. onion powder
- 1 tsp. chicken bouillon granules
- ½ cup low-fat evaporated milk
- ½ tsp. white pepper

Idaho Potato Broccoli And Mushroom Soup

- 1 pint Idaho Potato Soup base
- 1 small yellow onion, diced
- 8 oz. frozen cut broccoli, thawed
- 8 medium mushrooms, sliced
- ½ cup low-fat evaporated milk
- 1 tsp. chicken bouillon granules
- 1 tsp. garlic powder
- ¼ tsp. ground fennel
- ¼ tsp. thyme



Hot and hearty soup can warm you up without giving your budget the cold shoulder.

Directions:

To Prepare Potato Soup Base

1. In a saucepan, bring Idaho Potatoes and water to a boil. Reduce heat. Simmer until potatoes are tender, about 10-15 minutes.

2. Add remaining ingredients. Stir to blend. Reduce heat to low.

3. Using an electric hand mixer on medium speed, blend until smooth.

To Prepare Potato Broccoli And Mushroom Soup

4. Prepare Idaho Potato Soup Base.

5. In a nonstick skillet, sauté diced onion over medium heat until tender.

6. Add broccoli and mushrooms. Sauté until mushroom slices are tender.

7. Add mixture and remaining ingredients to soup base. Stir and simmer for 7 to 10 minutes.

Approximate nutritional analysis per serving: Calories, 78; Cholesterol, 3 mg; Sodium, 88 mg. Percent calories from: Protein, 5 g; Carbohydrates, 13 g; Fat, 1 g.