

# DELUXE POTATO SOUP

## INGREDIENTS NEEDED:

- 1 tablespoon butter
- 1 1/2 cups milk
- 1 rounded teaspoon cream cheese
- 1 small potato
- 1 scallion, chopped
- 1/4 cup (heaping) shredded carrots
- Seasonings (suggested: Real Salt, Mrs. Dash Original Blend)
- 1 rounded tablespoon shredded cheddar cheese



BUTTER



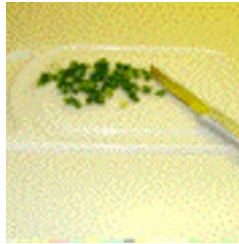
MILK



CREAM CHEESE



POTATO



CHOPPED SCALLION



SHREDDED CARROTS



SEASONINGS



SHREDDED CHEDDAR CHEESE

## EQUIPMENT NEEDED:

- Microwave
- Sharp knife
- Cutting board
- Microwavable bowls (1 large bowl, 1 cereal bowl size)
- Measuring cups (1 cup, 1/2 cup, 1/4 cup)
- Measuring spoon (1 teaspoon)
- Spoons (tablespoon size, teaspoon size)
- Vegetable brush
- Plate (dinner plate size)
- Paper towels (2)

## COMMENTS:

The vegetables have full flavor because they are not over-cooked.

**QUICK CLEANUP:** knife, cutting board, bowls, measuring cups, measuring spoon, spoons, vegetable brush, plate, paper towels

## EQUIPMENT



MICROWAVE



PAPER TOWELS, MEASURING CUPS, MEASURING SPOONS, BOWLS, PLATE, KNIFE, SPOONS, CUTTING BOARD, VEGETABLE BRUSH

# PREPARING DELUXE POTATO SOUP

1. Put 1 tablespoon butter into large microwavable bowl.
2. Add 1 1/2 cups milk to butter.
3. Add 1 rounded teaspoon cream cheese to milk-butter mixture.
4. Scrub 1 small potato and cut in thin slices.
5. Add thin slices of potato to milk-butter mixture.
6. Add chopped scallion.
7. Add 1/4 cup (heaping) shredded carrots.
8. Set bowl on dinner plate and cover with paper towel.
9. Microwave 5 minutes.
10. Lift paper towel and stir mixture.
11. Microwave an additional 5 minutes. Microwave another minute if needed for vegetables to be tender.
12. Pour soup into serving bowl. Add seasonings and 1 rounded tablespoon shredded cheddar cheese.

**ALERT: BEFORE REMOVING COOKED SOUP FROM MICROWAVE, LET SIT FOR A MINUTE. PAPER TOWEL MAY BE STEAMY HOT.**

**One  
Serving**



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