



Potato Soup

In **Northshore School District** (Woodinville, Bothell and Kenmore), a team created the second-place winning Potato Soup recipe. Starting with a recipe of Field Supervisor Delene Andrew, the soup began its journey to school in the district's Pilot Site Leota Middle School for testing and tasting, moving quickly to the district-wide menu.

"We got a tremendous response from our students," says Andrew, "because the soup is hearty, warm and home-cooked." The district uses diced precooked potatoes from local processor, Garden Fresh Foods.

Team members, left to right: Randi Zennan, Kaelyn Everham, Delene Andrew (Field Supervisor), Suijian Ye, Renee Yerrace (Kitchen Manager), Helen Margetan, Madchen Wilson. Absent Wendy Arrnour.



Yield: 2 gallons, 31 (1 cup) servings

Serving: 1 cup

Ingredients

3 cups onions, chopped
3 cups celery, chopped
3 cups carrots, peeled, diced
1/4 cup olive oil
1 Tbsp. Italian seasoning
1/2 cup vegetable base
1 gallon water
2 quarts potatoes, diced, precooked
2 tsp. salt
1 tsp. black pepper
1 cup cornstarch
12 oz. evaporated milk

Directions

1. In pot or steam-jacketed kettle, combine vegetables, oil and Italian seasoning. Cook over medium heat 10 to 15 minutes or until tender. OR combine in 6-in. hotel pan and roast at 350° 10 to 15 minutes.
2. Stir vegetable base into water, then stir into vegetables. Add potatoes, salt and pepper
3. In bowl, blend cornstarch and evaporated milk. Stir into potato mixture
4. Heat until thickened.

Nutrient Analysis Per 1 cup (243.4 gram) Serving:

Calories 138. Total fat 5.455 g. Saturated fat 2.054 g. Cholesterol 11.61 mg. Sodium 354 mg. Potassium 347 mg. Carbohydrates 19 g. Fiber 1.27 g. Sugars 13 g. Protein 4.5 g. Iron 1.678 mg. Calcium 154.548 mg. Vitamin A 3404.294 IU. Vitamin C 4.386 mg. 13.39% calories from Saturated fat. Provides 0.5 cup vegetables.