



Chunky Potato Pepper Soup



Recipe from Better Homes and Gardens

Ingredients



- 3 medium potatoes, cubed (2-1/4 cups)
- 2 cups vegetable or chicken broth
- 3 Peppers
- 1 small onion, chopped (1/3 cup)
- 3 Tbsp. olive oil
- 1/4 cup all-purpose flour
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 1/8 tsp. ground red pepper
- 3 cups milk

Yield: 4 servings
Serving Size: 2.5 Cups



Directions



1. In a medium saucepan combine potatoes and vegetable or chicken broth. Bring to a boil; reduce heat. Cover and simmer for 10 minutes or until potatoes are tender. Do not drain.
2. Meanwhile, in a large saucepan cook the green pepper, red pepper, yellow pepper, and onion in hot margarine or butter until tender but not brown. Stir in flour, salt, black pepper, and ground red pepper. Add milk all at once. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Stir in undrained potatoes. Heat through.
3. To serve, ladle soup into individual bowls.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Chunky Potato Pepper Soup



Recipe from Better Homes and Gardens

Ingredients



- 3 medium potatoes, cubed (2-1/4 cups)
- 2 cups vegetable or chicken broth
- 3 Peppers
- 1 small onion, chopped (1/3 cup)
- 3 Tbsp. olive oil
- 1/4 cup all-purpose flour
- 1/4 tsp. salt
- 1/4 tsp. black pepper
- 1/8 tsp. ground red pepper
- 3 cups milk

Yield: 4 servings
Serving Size: 2.5 Cups



Directions



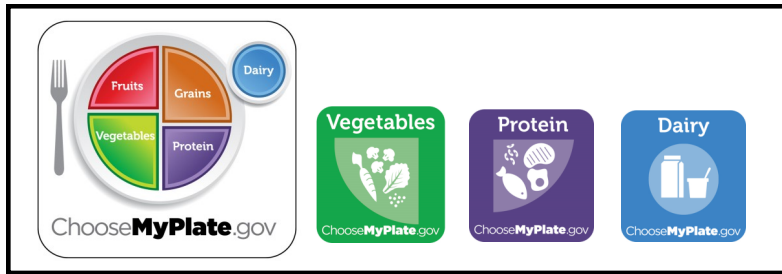
1. In a medium saucepan combine potatoes and vegetable or chicken broth. Bring to a boil; reduce heat. Cover and simmer for 10 minutes or until potatoes are tender. Do not drain.
2. Meanwhile, in a large saucepan cook the green pepper, red pepper, yellow pepper, and onion in hot margarine or butter until tender but not brown. Stir in flour, salt, black pepper, and ground red pepper. Add milk all at once. Cook and stir until thickened and bubbly. Cook and stir for 1 minute more. Stir in undrained potatoes. Heat through.
3. To serve, ladle soup into individual bowls.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



Fast Facts

Featured Food Groups



Cooking Tips



- Use Low Fat or Fat Free Milk to reduce fat.

Estimated Price:

Yield: \$6.11

Serving Size (2.5 cups): \$1.53



Nutrition Facts



Nutrition Facts

4 servings per container

Serving size 2.5 cups

Amount Per Serving

Calories 340

% Daily Value*

Total Fat 16g 21%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 750mg 33%

Total Carbohydrate 39g 14%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 12g 24%

Not a significant source of vitamin D, calcium, iron, and potassium

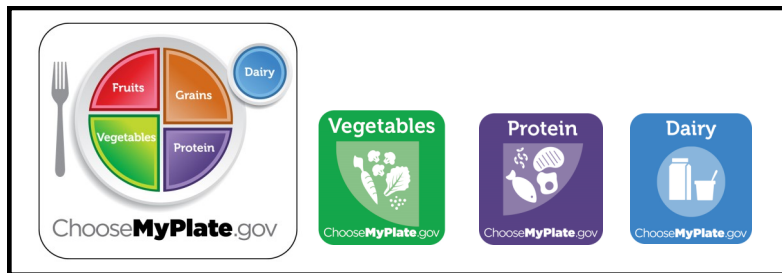
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Second Harvest is an equal opportunity provider.



Fast Facts

Featured Food Groups



Cooking Tips



- Use Low Fat or Fat Free Milk to reduce fat.

Estimated Price:

Yield: \$6.11

Serving Size (2.5 cups): \$1.53



Nutrition Facts



Nutrition Facts

4 servings per container

Serving size 2.5 cups

Amount Per Serving

Calories 340

% Daily Value*

Total Fat 16g 21%

Saturated Fat 5g 25%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 750mg 33%

Total Carbohydrate 39g 14%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 12g 24%

Not a significant source of vitamin D, calcium, iron, and potassium

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Second Harvest is an equal opportunity provider.