



# Chunky Potato Pepper Soup



Recipe from Better Homes and Gardens

## Ingredients



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

Visit [secondharvestkitchen.org](http://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)	3 tablespoon olive oil	1/8 teaspoon ground red pepper
2 cups vegetable or chicken broth	1/4 cup all-purpose flour	3 cups milk
3 Peppers	1/4 teaspoon salt	
1 small onion, chopped (1/3 cup)	1/4 teaspoon black pepper	Yield: 4 servings Serving Size: 2.5 Cups



## Directions



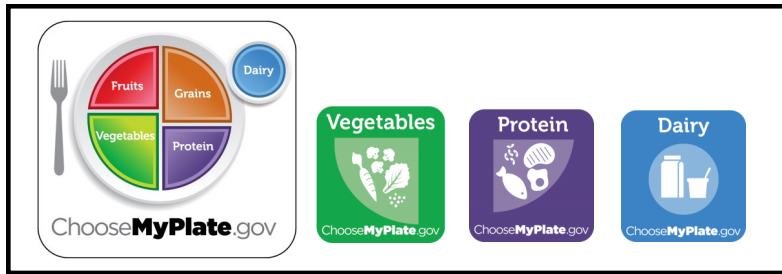
1. In a medium saucepan combine potatoes and vegetable or chicken broth. Bring to a boil; reduce heat. Cover and simmer for 10 minutes or until potatoes are tender. Do not drain.
2. Meanwhile, in a large saucepan cook the green pepper, red pepper, yellow pepper, and onion in hot margarine or butter until 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. Makes 4 servings.

Visit [secondharvestkitchen.org](http://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*
<b>Total Fat</b> 16g	21%
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 750mg	33%
<b>Total Carbohydrate</b> 39g	14%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 12g	24%

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

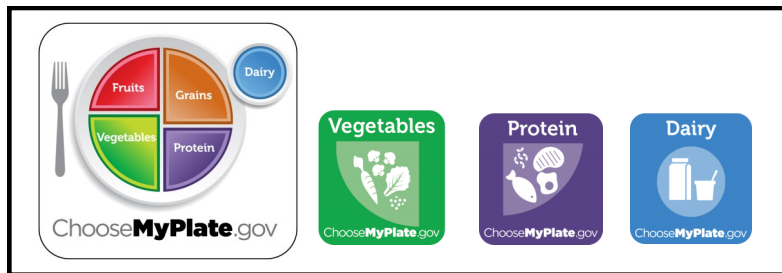
\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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*
<b>Total Fat</b> 16g	21%
Saturated Fat 5g	25%
Trans Fat 0g	
<b>Cholesterol</b> 15mg	5%
<b>Sodium</b> 750mg	33%
<b>Total Carbohydrate</b> 39g	14%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 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.