

POTATO-BEAN SOUP

Create this creamy soup without butter and flour.

½ c sliced celery	1 15 oz can Great Northern beans, drained & rinsed
2 med carrots, shredded	1 T all-purpose flour
1 clove garlic, minced (1 t)	2 teaspoons margarine, melted
½ c low fat sour cream or nonfat plain yogurt	
4 c low-sodium chicken broth	
3 med potatoes, peeled and cut up (3 cups)	Dash salt, optional
2 T snipped fresh dill weed or 2 t dried	1/8 teaspoon pepper

In a large saucepan, cook celery, carrots and garlic in hot margarine; stir over medium heat about 4 minutes or until tender. Carefully stir in broth, potatoes and dill weed. Bring to a boil; reduce heat. Simmer, covered, for 20 to 25 minutes or until potatoes are tender.

With the back of a spoon, lightly mash about half the potatoes in the broth. Add beans to the potato mixture; mash some of the beans.

In a small bowl, stir together sour cream, flour, pepper and salt, if desired; stir into the potato mixture. Cook and stir until thickened and bubbly. Cook and stir 1 minute longer.

Makes 4 main-dish servings.

Calories: 285, Carbohydrate: 44 grams, Protein: 13 grams, Fat: 6 grams.