

# Potato Cheese Soup

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Recipe Type: Soup

Makes: 8 to 10 cups

Total Time: 40 minutes



## Ingredients

- 4 medium potatoes, peeled and cut into chunks
- 2 carrots, rinsed and cut into chunks
- 1 onion, peeled and chopped
- 1 whole clove garlic, peeled and minced (optional)
- 1-2 tablespoons vegetable oil or butter
- 3 cups milk
- 1 cup cheddar cheese, grated
- 2 teaspoons salt
- ¼ teaspoon pepper
- 1 tablespoon chopped parsley (optional)

## Directions

1. Cover potatoes and carrots in water enough to just cover in a large, heavy pan, and cook until tender. Drain and save cooking liquid.
2. Meanwhile, sauté the onion, and garlic—if desired—in the oil or butter, until soft. Combine with cooked potatoes and carrots, and a small amount of the saved vegetable cooking liquid (about 1/2 cup).
3. Mash or purée in batches. Return purée to pan, and add milk, and grated cheese along with seasonings.
4. If soup is too thick, add a small amount of saved cooking liquid until desired consistency is achieved.
5. Heat until cheese is melted and soup is piping hot, but don't let it boil. Garnish with parsley, if using, and serve hot.

