

Lenten Potato Soup

By Sr. Maria Grace Dateno, FSP

An easy-to-make soup that's perfect for Lent because it has no meat. (Catholics 14 years old and over must not eat meat on Fridays during Lent.)



Ingredients:

- 2 large potatoes
- 1 medium onion
- 1 stalk celery
- 2 tablespoons margarine
- 6 or 7 cups water
- 1 teaspoon salt
- 1 cup milk
- 1 helpful adult



Instructions:

1. For this recipe, you might need help from an adult with the sharp knife and the stove. Peel the potatoes and cut in small pieces. (It doesn't really matter what the pieces look like, but the smaller they are, the faster they will cook.) You will have somewhere around 4 cups of potatoes.
2. Chop up the onion and the celery stalk in small pieces. (There will be about 1/2 cup of each of these.)
3. In a large pot, melt the margarine over medium heat and cook the onions and celery in it for a few minutes. (See the photo.) Don't let them get brown.
4. Add the potatoes, water, and salt to the pot. Let it come to a boil and cook for awhile, until the potatoes are well cooked and very soft. (About 30 minutes.) You can add more water if needed. Once the potatoes are cooked, you can mash the potatoes a little with a fork or potato masher to make the soup thicker.
5. Add the cup of milk. You can add more or less milk to make the soup thicker or thinner. Makes 4 to 6 servings.