



Potato Soup Slow Cooker Recipe

Makes 8-10 servings (approximately 48 cents per serving)

- 6 cups diced, peeled potatoes*
- 2 cups diced onions*
- ½ cup diced celery*
- ½ cup chopped carrots*
- 1 32 oz container vegetable or chicken broth (or 4 tsp chicken bouillon granules and 4 cups water)
- 1 cup water
- ¼ cup butter or margarine
- 1 tsp. salt
- ¼ tsp. pepper
- 3 TBS chopped fresh parsley or 1 TBS dried parsley

Directions:

1. In slow cooker, combine all ingredients.
2. Cover and cook on high 7-8 hours, or until vegetables are tender.

*Vegetables can be chopped and put in refrigerator the night before.

Nutrients Per 1 Cup Serving:

| | |
|-------------------------|-----------------|
| 195 calories | 3.0 grams fiber |
| 5.0 grams protein | 7.0 gram fat |
| 28.5 grams carbohydrate | 758 mg sodium* |

Market Baskets Program: Thanks to the generous support from the Robert & Eleanor Franke Charitable Foundation, Hillview Urban Agriculture Center is excited to introduce the Market Baskets Program – an easy, fun, and interactive way to bring low cost, tasty, and nutritious meals to family’s tables in the La Crosse area. Designed to appeal to all ages, the Market Baskets classes and demonstrations are created to quickly teach participants how to prepare low cost and great tasty meals with minimal preparation and clean up using one-pot slow cookers. The goal of the program is to distribute 800 FREE SLOW COOKERS and enough legumes and whole grains for 20,000 MEALS to families throughout the La Crosse area. We are also getting support from the People’s Food Co-op in donating ingredients such as dried beans and rice, the Hunger Task Force is providing storage space, and La Crosse RSVP is helping with pre-preparations and serving at events. Nutrient analysis provided by Wisconsin Nutrition Education Program UW Extension La Crosse County.

