

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		Dash salt, optional
3 med potatoes, peeled and cut up (3 cups)		1 /8 teaspoon pepper
2 T snipped fresh dill weed or 2 t dried	1	

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.