



Vegetable Cheddar Soup

Serves 5

Ingredients

- ½ cup diced celery
- ½ cup diced carrots
- 1 cup cubed potatoes (½ inch pieces)
- 1 cup cauliflowerettes, chopped into ½ inch pieces
- ½ cup fresh or frozen corn kernels
- ¼ onion, diced
- 1 cup water
- ¼ cup (½ stick) butter
- ¼ cup all-purpose flour
- 3 cups (2 %) milk (heated in microwave 2 ½ minutes)
- 4 ounces shredded Cheddar cheese
- Salt to taste (I added very, very little)
- Ground white pepper to taste (Black pepper works too but the flecks will show against the white background of the soup)

Instructions

In a large 4-quart saucepan, boil celery, carrots, potatoes, cauliflower, corn and onion in one cup of water, covered, 5-10 minutes or until vegetables are tender. Set aside, do not drain but pour everything into a bowl.

Melt butter in the same saucepan that is now empty from steaming the vegetables. Slowly whisk in flour, cooking for one to two minutes. Remove from heat and slowly stir in the preheated milk. Put back on medium heat and cook until it thickens and add the cheddar cheese. Stir until melted.

Return the vegetable/water mix to this pot (with the heated milk/butter/flour) and cook very briefly. Add salt and pepper to taste to this mixture.

Serve with a crusty bread and a salad. Enjoy!

NOTE: This would be good with chunks of leftover salmon or halibut added to make a seafood chowder of sorts.

I've made it a tradition to double the amounts and gift a little of this to my neighbors.