

## Ham and Potato Soup



3 ½ c peeled, diced potato  
1/3 c celery, diced  
1/3 c onion, finely chopped  
¾ c cooked ham, diced  
3 ¼ c water

2 T chicken bouillon granules  
½ t salt  
1 t pepper  
5 T butter or margarine  
5 T flour  
2 c milk

Combine veggies, ham and water in a stockpot. Bring to a boil; cook over medium heat until potatoes are tender, about 10 - 15 mins. Stir in bouillon granules, salt & pepper.

In a separate saucepan, melt butter over medium-low heat to create the roux\*\*. Whisk in flour and cook stirring constantly until thick. Slowly stir in milk so as not to allow lumps to form. Continue stirring until all milk is used and roux has thickened (about 4 - 5 mins). Stir the roux into the stockpot and cook soup until heated through. Serve immediately.

Yield: 4 - 6 servings.

\*\**Roux* ("roo") is used to thicken gravies, sauces and soups. Pre-cooking flour allows the starch granules to swell and absorb moisture, and lets you thicken a sauce base without the flour clumping or forming lumps. Rouxs are also used to deepen the flavor of a sauce: browning the flour gives it a nutty, toasted flavor.