



Potato Soup: Thank you for trying our Potato Soup! Just a reminder that all these lessons are designed for kids to cook with their parents or another adult. Use of knives, kitchen tools, stoves, ovens, or other sharp or hot items should always be closely supervised. Our lessons are broken into steps. There will be a short video and then an instruction screen with a pause symbol. Please pause the video between each step or before using knives or starting the instructions. *Vegetarians, please note that there is prep or cooking of meat in the video (time stamp 1:08- 2:37)*

Shopping and Prep for Parents

Shopping & Ingredients:

- 2 cups cauliflower, boiled and mashed
- 4 slices of bacon (optional)
- 2 Tbs oil, butter, or bacon grease
- 1 clove of garlic, minced
- 1/2 onion, fine dice
- 1 carrot, fine dice
- 3 stalks of celery, fine dice
- 1/2 red or orange bell pepper, fine dice
- 6 large or medium size of any type of potatoes, diced
- 1 Tbs of fresh or dry herbs, (I used chives and tarragon) Thyme would also be good!
- ½ tsp salt
- 3 Tbs Flour or thickener of choice
- 1 cup of milk or milk substitute
- 4 cups chicken or vegetable broth
- Black pepper to taste

Garnish (optional):

- 1/4 cup sliced radish
- 1/4 cup minced chives
- 1/2 cup shredded cheese
- Sour cream

Parental Prep:

1. Parents please wash and trim all veggies.
2. With close supervision, students can help peel things like potatoes and carrots, if needed. (There is a place in the video for potato prep.)
3. Parents please cut the following:
 - Halve the onion.
 - Halve or quarter the carrot lengthways, depending on its size.
 - Halve and gut bell pepper.
 - Halve or quarter potatoes depending on size (red potatoes halved/russet quartered)
 - Halve the radishes.

Tools:

- Cutting board
- 6-7 inch chef's knife
- Plastic lettuce knife or butter knife
- Peeler
- Cheese shredded
- Masher or fork
- Container for scraps
- Container for cut veggies
- Large heatsafe mixing spoon
- 2-4 quart pot (for cauliflower)
- 8-10 quart pot
- Liquid measuring cup
- Measuring cups
- Measuring spoons
- Containers for garnishes



Potato Soup: Starting with a mirepoix; we build flavor adding cauliflower, bacon, and chives. Students can use a variety of potatoes. A hearty classic for a cold spring evening!

Recipe Instructions:

1. Boil 2 cups of cauliflower, drain, and mash.
2. (Optional) Diced and cook 4 slices of bacon, drain on a towel and save 2 Tbs bacon grease for cooking.
3. Heat the fat of your choice in a large pot over medium-high heat.
4. Add onions, carrots, celery, bell pepper and garlic, sauté until they are translucent, about 8-10 minutes.
5. Add flour and stir to combine. It should start to come together like a paste.
6. Add milk and mix well. let heat up and look for steam. (you need steam to get the flour to thicken)
7. Add and mix in your mashed cauliflower.
8. Add your bacon, herbs, salt & pepper.
9. Add 1 cup of your broth and mix really well.
10. Add in all your potatoes.
11. Add the rest of your broth. (4 cups total)
12. Bring to a boil, reduce heat to medium heat and simmer for 20 minutes.
13. Prep you garnishes.
14. Test a potato, by seeing if it will easily smash against the side of your pot.
15. Serve with garnishes on the side.

Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	462
% Daily Value*	
Total Fat 15.8g	20%
Saturated Fat 4.4g	22%
Cholesterol 27mg	9%
Sodium 930mg	40%
Total Carbohydrate 64.7g	24%
Dietary Fiber 6.7g	24%
Total Sugars 8.6g	
Protein 15.2g	
Vitamin D 0mcg	1%
Calcium 102mg	8%
Iron 3mg	16%
Potassium 1905mg	41%

DID YOU KNOW?

History has it that King Louis XV of France (15 February 1710 – 10 May 1774) accidentally invented a version of potato soup called Vichyssoise Soup. However, we now know **that potatoes originated in Peru, 7,000 years ago!** There are some delicious Peruvian potato soups (Ajiaco) that I can't wait to try!!